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## Students' Note Book

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# THE SCOUT'S FIRST BOOK

AN ABRIDGED EDITION OF THE OFFICIAL HANDBOOK  
SCOUTING FOR BOYS

BY  
SIR ROBERT  
**BADEN-  
POWELL**

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SIR ROBERT BADEN-POWELL

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AN ABRIDGED EDITION OF THE OFFICIAL HANDBOOK  
"SCOUTING FOR BOYS"

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1921

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## The Scout's Promise

*On my honour I will do my best :*

**To do my duty to God  
and the King.**

**To help other people at  
all times.**

**To obey the Scout Law.**

## CHAPTER I

### SCOUTS' WORK

#### CAMP FIRE YARN. No. 1

##### Peace Scouts

I suppose every British boy wants to help his country in some way or other.

There is a way, by which he can do so easily, and that is by becoming a scout.

A scout, as you know, is generally a soldier who is chosen for his cleverness and pluck to go out in front of an army in war to find out where the enemy are, and report to the commander all about them.

But, besides war scouts, there are also peace scouts, i.e., men who in peace time carry out work which requires the same kind of abilities. These are the frontiersmen of all parts of our Empire. The "trappers" of North America, hunters of Central Africa, the British pioneers, explorers, and missionaries over Asia and all the wild parts of the world, the bushmen and drovers of Australia, the constabulary of North-west Canada and of South Africa—all are peace scouts, real *men* in every sense of the word, and thoroughly up in scoutcraft, i.e. they understand living out in the jungles, and they can find their way anywhere, are able to read meaning from the smallest signs and foot-tracks; they know how to look after their health when far away from any doctors, are strong and plucky, and ready to face any danger, and always keen to help each other. They are accustomed to take their lives in their hands, and to fling them down without any hesitation if they can help their country by doing so.

They give up everything, their personal comforts and desires, in order to get work done. They do not do all this for their own amusement, but because it is their duty to their King, fellow-countrymen, or employers.

The History of the Empire has been made by British adventurers and explorers, the scouts of the nation, for hundreds of years past up to the present time.

It is a grand life, but it cannot suddenly be taken up by any man who thinks he would like it, unless he has prepared himself for it beforehand. Those who succeed best are those who learned scouting while they were still boys.

Scouting also comes in very useful in any kind of life you like to take up, whether it is soldiering or even business life in a city.

So I am going to show you how you can learn scoutcraft for yourself and can put it into practice at home.

It is very easy to learn and very interesting when you get into it. You can best learn by joining the "Boy Scouts."

### "Kim"

A good example of what a Boy Scout can do is to be found in Rudyard Kipling's story of *Kim*. "Kim," or, to give him his full name, Kimball O'Hara, was the son of a sergeant of an Irish regiment in India. His father and mother died, while he was a child, and he was left to the care of an aunt who lived in a humble way in India. His playmates were all natives, so he got to talk their language and to know their ways better than any European.

Now Kim was what you might call a "keen scout." Not only was he quick at noticing things, and clever at putting two and two together and so finding out what would remain a mystery to ordinary people; he was also one of those boys who are naturally so friendly and ready to help others that they can make friends with anyone, and win their confidence. Kim, "the little brother of all the world," from his power of making friends, soon began a life of such splendid adventures that they are enough to make any boy want to be in his shoes.

Kim's adventures first began with his making friends with an old Thebetian priest, when he was quite a little chap; and setting out with him on a kind of wandering journey all over the north of India. Next, he made friends with a dealer in old jewelry and curiosities, who was also a member of the Government Intelligence Department, and who trained him in scouting and detective work.

Then he travelled round the country with a fine old Afghan horse-dealer, to whom he was much attached, and who was also an agent of the Intelligence Department. On one occasion Kim was able to do him a good turn by carrying an important message for him, secretly; and on another occasion by overhearing some natives planning to murder him.

At last Kim was made a member of the secret service, and was given a secret sign—namely, a badge to wear round his neck, and a certain pass word. Scouts generally have secret signs by which they can communicate with each other.

After this a series of most thrilling adventures befell him. Once he met a man on a train, with his head and arms covered with wounds and discovered he was a fellow secret service man, carrying an important message, who was in danger of his life. Kim disguised him and helped him through with his job.

These and other adventures of Kim's are well worth reading because they show what valuable work a Boy Scout could do for his country if he were sufficiently trained and sufficiently intelligent.

### Be Prepared

During the Boer War, boys showed how useful they could be, when a corps of messenger boys was formed in the defence of Mafeking. And the Great War, too, showed in what a large number of ways boys with pluck and intelligence can serve their King and Country.

and fellow-men. But our scouts soon found it was not all play : that there was a great deal of hardship and danger and weariness connected with "War Service." Still our motto is "stick to it," and they stuck to it jolly well for the whole period of the war.

Would you be ready to do all they did if the need arose again ? I am sure you would. But you would find there would be many things you wouldn't much like doing at first.

The thing is to be prepared beforehand. It's just like taking a header into cold water ; a fellow who is accustomed to bathing thinks nothing of it, he has practised it over and over again ; but ask a fellow to do it who has never practised it, and he will funk it.

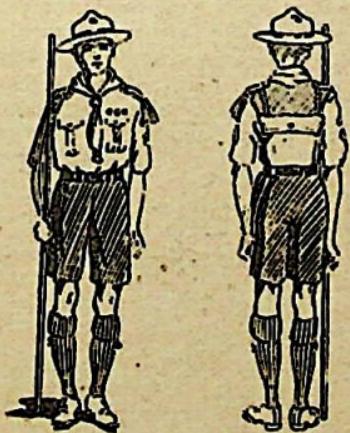
So, too, with a boy who has been accustomed to obey orders at once : the moment you order him to do a thing on Scout War Service (for instance) no matter how great the discomfort or even danger is to him, he does it, while another chap who has never learnt how to obey would object, and would then be despised as a coward, even by his former friends.

But it was not only during the war that there were chances of being useful as a scout. As a peace scout there is lots for you to do, any day, wherever you may be.

### CAMP FIRE YARN. No. 2

(On the very last page of this book you will find instructions on how to join the Boy Scouts. Now I am going to tell you something about what Boy Scouts are and do.)

First of all there's the uniform. It is modelled on what I wore myself when trekking both in S. Africa, Canada, Kashmir and West Coast.



The Scouts are divided into Patrols of six to eight boys. Two Patrols form a Troop. The Patrols have boys as their Leaders. The whole Troop is under a man, known as the Scoutmaster. He

is not a kind of Sergeant-Major; nor is he a schoolmaster. He is a big brother to the scouts, ready to help them all he can, in work and in play, and also in their private worries and difficulties.

On joining the Troop you are known as a Tenderfoot. Then you learn some things, the most important of which is the Scout Law, and when you have passed the test you make the Scout Promise. This you will already have noticed on the first page of this book.

Every patrol is named after some animal, and each scout in it has to be able to make the cry of that animal in order to communicate with his pals, especially at night. Thus you may be "the Wolves," "the Curlews," "the Eagles," or "the Rats" if you like. But don't be a "Monkey Patrol," that is a patrol that plays games but has no discipline and wins no badges. No scout may ever use the call of another patrol. The Scout-Law binds you to be loyal, kind, obedient, and cheerful. Most of your work then consists in playing scouting games and practices by which you gain experience-as scouts. When you have learned sufficient to pass the tests you can win the badge of either a first-class or second-class scout.

The Scout's Badge is an arrow-head (or *fleur-de-lis*) that marks the North point on the compass. It is the Badge of the Scout in the army, because he shows the way. So, too, a Peace Scout shows the way in doing his duty and helping others. The Scout's Motto is "Be Prepared." I have already explained how important that is.

To be a good scout, you have to know all about the following subjects:—

*Woodcraft*, which means knowing all about wild animals and birds; studying their habits, tracks, and so on.

*Campaigning*.—Scouts must, of course, be accustomed to living in the open; they have to know how to put up tents or huts for themselves; how to lay and light a fire; how to kill, cut up, and cook their food; how to tie logs together to make bridges and rafts; how to find their way by night, as well as by day, in a strange country, and so on.

But very few fellows learn or practise these things when they are living in civilised places, because they get comfortable houses and beds to sleep in, their food is prepared and cooked for them, and when they want to know the way "they ask a policeman."

Well, when those fellows go out to a colony, or try to go scouting, they find themselves helpless duffers.

*Chivalry*.—In the old days the Knights were the scouts of Britain, and their rules were very much the same as the Scout Law which we have now. We are their descendants, and we ought to keep up their good name and follow in their steps.

They considered that their honour was the most sacred thing to uphold; they would not do a dishonourable thing, such as telling a lie or stealing: they would really rather die than do it. They were always ready to fight and to be killed in upholding their king, or their religion, or their honour. Thousands of them went out to Palestine (the Holy Land) to maintain the Christian religion against the Mohammedan Turks.

Each Knight had a small following of a squire and some men-at-arms, just as our patrol leader has his second and four or five scouts.

The Knight's patrol used to stick to him through thick and thin, and all carried out the same idea as their leader.

You scouts cannot do better than follow the example of your forefathers, the Knights, who made the tiny British nation into one of the best and greatest that the world has ever known.

One great point about them was that every day they had to do a good turn to somebody, and that is one of our rules. When you get up in the morning, remember that you have got to do a good turn for someone during the day; tie an extra knot in your neckerchief or necktie, and leave the tail of your necktie outside your waistcoat, when not in uniform, to remind yourself of it; and when you go to bed at night think to whom you did the good turn.

If you should ever find that you had forgotten to do it, you must do two good turns the next day instead. Remember that by your scouts' promise you are on your honour to do it.

A good turn need only be a very small one; if it is only to put a halfpenny into a poor-box, or to help an old woman to cross the street, or to make room on a seat for someone, or to give water to a thirsty horse, or to remove a bit of banana skin off the pavement where it is likely to throw people down, it is a good turn. But one must be done every day, and it only counts as a good turn when you do not accept any reward in return.

*Life Saving*.—Since the scouts started over ten years ago, eight hundred have won medals for Life Saving. I hope that many more will do the same. It is certain that very many of you will at one time or another get a chance of it if you are prepared to seize the opportunity. That is, you must be prepared for it; you should know what to do the moment an accident occurs—and do it then and there. This means first getting instruction, and then, most important of all, *practising*.

*Endurance*.—To be really strong and healthy, and able to carry out scout duties, a fellow has to take trouble to keep himself in training. Exercise, of course, is important, and sleeping with your window open. Stuffy atmosphere, a soft bed and too many blankets are very bad. A good rub down daily with a wet rough towel, even if you cannot get a bath, is what every real scout takes, and is of the utmost importance. Scouts breathe through their nose not through their mouth.

A man who is in the habit of drinking beer, wine or spirits in strong doses every day is not the slightest use for Scouting, and very little use for anything else. Similarly a man who smokes much. Smoking weakens the eyesight; it sometimes makes one shaky and nervous; it spoils the nose for smelling. Scouts are not such fools as to smoke. No boy ever began smoking because he liked it, but because he thought it made him look like a man. As a matter of fact it generally makes him look a little ass.

*Patriotism*.—The British Empire did not grow of itself out of nothing; it was made by your forefathers by dint of hard work and hard fighting; at the sacrifice of their lives—that is by their hearty patriotism.

So, in all that you do, remember to think of your country first. Perhaps you don't see how a mere boy can be of use to the great British Empire; but by becoming a scout, he can be of great use.

The public services rendered during the war by the scouts fully prove this. If you take up Scouting in that spirit, you will be *doing something*. Take it up, not only because it amuses you, but because by doing so you will be fitting yourself to help your country. Then you will have in you the true spirit of patriotism, which every British boy ought to have if he is worth his salt.

## CAMP FIRE YARN. No. 3

Scouts have a salute or secret sign by which they greet each other. It consists in raising the hand to the forehead, the three fingers held up (like the three points of the Scouts' Badge) reminding them of the three parts of the Scout Promise.



When a scout meets another for the first time in the day, whether he is a comrade or a stranger, he salutes with the secret sign.

He always salutes an officer—that is, a Patrol Leader, or a Scoutmaster, or any commissioned officer of His Majesty's forces, Army and Navy.

Also the hoisting of the Union Jack, the colours of a regiment, the playing of "God Save the King," and any funeral.

When in uniform a scout salutes whether he is wearing a hat or not.

A salute is really a sign between men of standing. It is a privilege to be able to salute anyone.

In the old days the freemen of England were all allowed to carry weapons, and when one met another each would hold up his right hand to show that he had no weapon in it, and that they met as friends. So also when an armed man met a defenceless person or a lady.

Slaves or serfs were not allowed to carry weapons, and so had to slink past the freemen without making any sign.

Nowadays people do not carry weapons; but those who would have been entitled to do so, such as knights, esquires, and men-at-arms, that is, anyone living on their own property or earning their own living, still go through the form of saluting each other by holding up their hand to their cap, or even taking it off.

"Wasters" are not entitled to salute, and so should slink by as they generally do, without taking notice of the freemen or wage-earners.

To salute merely shows that you are a right sort of fellow and mean well to the others; there is nothing slavish about it.

If a stranger makes the scout's sign to you, you should acknowledge it at once by making the sign back to him, and then shake hands with the LEFT HAND. If he then shows his scout's badge, or proves that he is a scout, you must treat him as a brother-scout, and help him in any way you can.

## Patrol Signs

Each troop is named after the place to which it belongs. Each patrol in that troop is named after an animal or a bird.

# The Scout Law

II

Each scout in the patrol has to be able to make the call of his patrol animal. This is the sign by which scouts of a patrol can communicate with each other when hiding or at night. The scout must also be able to draw his patrol sign.

There are fifty different patrol animals; here are a few of them.



**FOX.**  
*Bark—"Ha-ha."*



**BEAR.**  
*Growl—"Boorrr."*



**STAG.**  
*Roar—"Baow."*



**STORK.**  
*Cry—"Koitt."*

YELLOW AND GREEN.

BROWN AND BLACK.

VIOLET AND BLACK.

BLUE AND WHITE.



**HAWK.**  
*Cry (same as Eagle) Howl—"Kreeee."*



**WOLF.**  
*Howl—"How-oooo."*



**PEEWIT.**  
*Whistle—"Tewitt."*

*Pink.*

*Yellow and Black.*

*Green and White.*

A scout signs his name by drawing his patrol sign and putting the number and initial of his troop, and his own patrol number thus:—



(Signed, Patrol Leader of the Ravens) Fifteenth London  
Troop.

Other signs which scouts make in order to communicate with their comrades are as follows:—

→ Road to be followed.

→ Letter hidden three paces from here in the direction of the arrow.

× "I have gone home."

○ This path not to be followed.

## The Scout Law

Scouts all the world over have unwritten laws which bind them just as much as if they had been printed in black and white.

## Scouting for Boys

The following are the Laws of the Boy Scouts, which they promise to obey when they are enrolled :—

**1. A SCOUT'S HONOUR IS TO BE TRUSTED.**

If a scout says "On my honour it is so," that means that it is so, just as if he had taken a most solemn oath.

Similarly, if a scout officer says to a scout, "I trust you on your honour to do this," the scout is bound to carry out the order to the very best of his ability, and to let nothing interfere with his doing so.

If a scout were to break his honour by telling a lie, or by not carrying out an order exactly when trusted on his honour to do so, he may be directed to hand over his scout badge, and never to wear it again. He may also be directed to cease to be a scout.

**2. A SCOUT IS LOYAL TO THE KING, HIS COUNTRY, HIS OFFICERS, HIS PARENTS, HIS EMPLOYERS, OR THOSE UNDER HIM.** He must stick to them through thick and thin against anyone who is their enemy or who even talks badly of them.

**3. A SCOUT'S DUTY IS TO BE USEFUL AND TO HELP OTHERS.**

And he is to do his duty before anything else, even though he gives up his own pleasure, or comfort, or safety to do it. When in difficulty to know which of two things to do, he must ask himself, "Which is my duty?" that is, "Which is best for other people?"—and do that one. He must be prepared at any time to save life, or to help injured persons. And he must try his best to do at least one good turn to somebody every day.

**4. A SCOUT IS A FRIEND TO ALL, AND A BROTHER TO EVERY OTHER SCOUT, NO MATTER TO WHAT SOCIAL CLASS THE OTHER BELONGS.**

Thus if a scout meets another scout, even though a stranger to him, he must speak to him, and help him in any way that he can, either to carry out the duty he is then doing, or by giving him food, or, as far as possible, anything that he may be in want of. A scout must never be a SNOB. A SNOB is one who looks down upon another because he is poorer, or who is poor and resents another because he is rich. A scout accepts the other man as he finds him, and makes the best of him.

"Kim," the boy scout, was called by the Indians "Little friend of all the world," and that is the name that every scout should earn for himself.

**5. A SCOUT IS COURTEOUS :** That is, he is polite to all—but especially to women and children, and old people and invalids, cripples, etc. And he must not take any reward for being helpful or courteous.

**6. A SCOUT IS A FRIEND TO ANIMALS.** He should save them as far as possible from pain, and should not kill any animal unnecessarily, for it is one of God's creatures. Killing an animal for food or an animal which is harmful is allowable.

**7. A SCOUT OBEYS ORDERS OF HIS PARENTS, PATROL LEADER, OR SCOUT-MASTER WITHOUT QUESTION.**

Even if he gets an order he does not like he must do as soldiers and sailors do, and as he would for his captain in a football team, he must carry it out all the same *because it is his duty*; and after he has done it he can come and state any reasons against it: but he must carry out the order at once. That is discipline.

8. A SCOUT SMILES AND WHISTLES under all difficulties. When he gets an order he should obey it cheerily and readily, not in a slow, hang-dog sort of way.

Scouts never grouse at hardships, nor whine at each other nor swear when put out, but go on whistling and smiling.

When you just miss a train, or someone treads on your favourite corn—not that a scout ought to have such things as corns—or under any annoying circumstances, you should force yourself to smile at once, and then whistle a tune, and you will be all right.

The punishment for swearing or using bad language is for each offence a mug of cold water to be poured down the offender's sleeve by the other scouts. It was the punishment invented by the old British scout, Captain John Smith, three hundred years ago.

9. A SCOUT IS THRIFTY, that is, he saves every penny he can, and puts it into the bank, so that he may have money to keep himself when out of work, and thus not make himself a burden to others; or that he may have money to give away to others when they need it.

10. A SCOUT IS CLEAN IN THOUGHT, WORD, AND DEED, that is, he looks down upon a silly youth who talks dirt, and he does not let himself give way to temptation either to talk it or to think, or to do anything dirty.

A scout is pure and clean-minded and manly.

### THE SCOUT'S CHORUS

To be shouted on the march, or as applause at games, meetings, etc. Must be sung exactly in tune.

Een gon - yâm - a gon - yam' a in - voo -  
 boo yah - bôh yah bôh in - voo - boo.



## CHAPTER II

### CAMPAIGNING

#### CAMP FIRE YARN. No. 4

##### Life in the Open

A good form of scout work can be got in Great Britain by scouts going about either as patrols on an exploring expedition, or in pairs like knight-errants of old on a pilgrimage through the country to find people wanting help and to help them.

Scouts in carrying out such a work should never, if possible sleep under a roof—that is to say, on fine nights they would sleep in the open wherever they may be; or, in bad weather, would get leave to occupy a hay loft or barn.

You should on all occasions take a map with you, and find your way by it, as far as possible, without having to ask the way of passers-by. You would, of course, have to do your daily good turn whenever opportunity presented itself, but besides that, you should do good turns to farmers and others who may allow you the use of their barns, and so on, as a return for their kindness.

As a rule you should have some object in your expedition; that is to say, if you are a patrol of town boys, you would go off with the idea of scouting some special spot, say a mountain in Scotland or Wales, or a lake in Cumberland, or possibly some old castle or battlefield, or a seaside beach. Or you may be on your way to join one of the larger camps.

If, on the other hand, you are a patrol from the country, you can make your way up to London, or to a big town, with the idea of going to see its buildings, and its Zoological Gardens, circuses, museums, etc. And you should notice everything as you go along the roads, and remember, as far as possible, all your journey, so that you could give directions to anybody else who wanted to follow the road afterwards. And make a map. Explorers, of course, keep a log or journal, giving a short account of each day's journey, with sketches or photos of any interesting things they see.

##### Boat Cruising

Instead of tramping or cycling, it is also an excellent practice for a patrol to take a boat and make a trip in that way through the country; but no one should be allowed in the boat who is not

a good swimmer, because accidents are pretty sure to happen, and if all are swimmers it does not matter—in fact, it is rather a good experience than otherwise.

### Mountaineering

A good deal of interesting mountaineering can be done in the British Isles if you know where to go, and it is grand sport, and brings out into practice all your scout-craft to enable you to find your way, and to make yourself comfortable in camp.

You are, of course, continually losing your direction, because, moving up and down in the deep gullies of the mountain side, you lose sight of the landmarks which usually guide you, so that you have to watch your direction by the sun and by your compass, and keep on estimating in what direction your proper line of travel lies.

### Finding the Way

Scouts must be able to find their way equally well by night as by day. If you are watching, whether for an enemy or an animal, at night you have to trust much more to your ears than to your eyes, and also to your nose. Scouts working apart from each other in the dark keep up communication by occasionally giving the call of their patrol animal.

Among the Red Indians the man who was good at finding his way in a strange country was termed a "pathfinder," which was with them a name of great honour, because a scout who cannot find his way is of very little use.

Every old scout on first turning out in the morning notices *which way the wind is blowing*.

Every sailor boy knows the points of the compass by heart. And so should a scout.

If you have not got a compass the sun will tell you by day where the north is, and the moon and the stars by night.

To find the south at any time of day by the sun—hold your watch flat, face upwards, so that the sun shines on it. Turn it round till the hour hand points at the sun. Then without moving the watch, lay the edge of a piece of paper or a pencil across the face of the watch so that it rests on the centre of the dial and points out half-way between the Figure XII. and the hour hand. The line given by that pencil will be the true south and north line. This applies only in the Northern Hemisphere. In the Southern turn the XII., instead of the hand, to the sun, and the south and north line will then lie between the two as before.

During "Summer time" you must remember that your watch shows one hour earlier than the time really is.

### CAMP FIRE YARN. No. 5

#### SEA SCOUTS

##### Old Sea-dogs

In the days of Queen Elizabeth, some four hundred years ago, the sailors of Spain, of Britain, of Holland, and of Portugal were all making themselves famous for their daring voyages in small

sailing ships across unknown oceans, by which they kept discovering new lands for their country in distant corners of the world.

There was one small cabin boy on a coasting brig in the English Channel who used to long to become one of these discoverers, but when he looked at the practical side of the question, it seemed hopeless for a poor chap like him ever to hope to rise in the world beyond his present hard life in the wretched little coaster, living on bad food and getting, as a rule, more kicks than halfpence.

But it shows you how the poorest boy can get on if he only puts his back into it. Young Drake—for that was his name—did get on, in spite of his difficulties: he worked hard at his duty till his officers saw that he meant to get on and they promoted him, and in the end he became a captain of two small ships, one of seventy, the other of thirty tons; and with these he sailed to fight the Spaniards, who were at that time our enemies, away across the ocean in Central America. He not only fought them but was successful in taking some of their ships and a great deal of valuable booty from their towns. On his return home he was promoted to command a larger expedition of five ships.

With these he sailed round the world, and when, at the end of three years, he returned with his good ship the *Golden Hind*, much battered and wounded with war and weather, he was received with much honour at Deptford. The Queen, herself, went on board, and while there she showed such pleasure at Drake's good work that she knighted him, using his own well-worn sword to make him—Sir Francis Drake.

You know how, later on, Drake beat the huge Spanish fleet with his little British ships, and became one of the most famous men of history, and one of the men who has made our country what it is to-day.

That was long ago; so was Trafalgar, where we fought the French; and so was the Baltic, where we fought both the Russians and the Danes at sea. Those days are long past, and we have been on the best of terms since then.

By hard fighting we learn to respect one another, and are therefore all the firmer to-day in our mutual friendship. Now that we have scouts in large numbers in all those countries we have another reason for being even better friends in the future.

### Watermannship

It is very necessary for a scout to be able to swim, for he never knows when he may have to cross a river, to swim for his life, or to plunge in to save someone from drowning. So those of you who cannot swim should make it your business to begin at once to learn; it is not very difficult.

Also, a scout should be able to manage a boat, to bring it properly alongside the ship or pier, that is, steering it. You should know how to throw a coil of rope so as to fling



## Sound Signals

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it on to another boat or wharf, or how to catch and make fast a rope thrown to you.

Also you should know how to make a raft out of any materials that you can get hold of, such as planks, logs, barrels, sacks of straw, and so on, for often you may want to cross a river with your food and baggage where no boats are available, or you may be in a shipwreck where nobody can make a raft for saving themselves. You should also know how to throw a lifebuoy to a drowning man. These things can only be learned by practice.

As a scout you must know how to fish, else you would find yourself very helpless, and perhaps starving, on a river which is full of food for you if you were only able to catch it.

### SIGNALS AND COMMANDS

Scouts have to be very clever at passing news secretly from one place to another, or signalling to each other, and, if it should ever happen that an enemy got into Britain the Boy Scouts would be of greatest value if they have practised this art.

Before the siege of Mafeking commenced, I received a secret message from some unknown friend in the Transvaal, who sent me news of the Boers' plans against the place, and the numbers that they were getting together of men, horses, and guns. This news came to me by means of a very small letter which was rolled up in a little ball, the size of a pill, and put inside a tiny hole in a rough walking-stick, and plugged in there with wax. The stick was given to a native, who merely had orders to come into Mafeking and give me the stick as a present. Naturally, when he brought me this stick, and said it was from another white man, I guessed there must be something inside it, and soon found this very important letter.

#### Signalling

Captain John Smith, the Elizabethan explorer, was one of the first to make use of signals to express regular words, three hundred years ago.

He was then fighting on the side of the Austrians against the Turks. He thought it wicked for Christian men to fight against Christians if it could possibly be avoided, but he would help any Christian, although a foreigner, to fight against a heathen; so he joined the Austrians against the Turks.

He invented a system of showing lights at night with torches which when held in certain positions with each other meant certain words.

Several officers in the Austrian forces practised these signals till they knew them.

On one occasion one of these officers was besieged by the Turks. John Smith brought a force to help him, and arrived on a hill near the town in the night. Here he made a number of torch signals, which were read by the officer inside, and they told him what to do. Then Smith attacked the enemy in the rear, and this enabled the garrison to break out successfully.

### Sound Signals

In the American Civil War, Captain Clowry, a scout officer, wanted to give warning to a large force of his own army that the

enemy were going to attack it unexpectedly during the night ; but he could not get to his friends because there was a flooded river between them which he could not cross, and a storm of rain was going on.

What would you have done if you had been he ?

A good idea struck him. He got hold of an old railway engine that was standing near him. He lit the fire and got up steam in her, and then started to blow the whistle with short and long blasts—what is called the Morse alphabet. Soon his friends heard and understood, and answered back with a bugle. And he then spelt out a message of warning to them, which they read and acted upon. And so their force of 20,000 men was saved from surprise.

Lieutenant Boyd-Alexander describes in his book, *From the Niger to the Nile*, how a certain tribe of natives in Central Africa signal news to each other by means of beats on a drum. And I have known tribes in the forests of the West Coast of Africa who do the same.

Every scout ought to learn the "dot and dash," or Morse method of signalling, because it comes in most useful whenever you want to send messages some distance by flag signalling.

You should get a card showing the alphabet, or a Boy Scouts' Diary, so that you can carry this in your pocket and learn the signs at odd moments.

#### Various Ways of Signalling

There are many ways of sending Morse—by flag, or by the telegraph key, or the buzzer, or by flashes of light.

Signals are also given by fires. Messages are sent by means of long and short puffs of smoke, by day, and by flare fires at night.

There is another method of signalling used largely in the Navy. It is called the Semaphore code, and is an altogether different method, two flags being used, the letter being shown by the position. You will also find this code in the Scouts' Diary, and also other signals used by scouts—whistle, hand and staff.

#### Patrolling

Scouts generally go about scouting in pairs, or sometimes singly ; if more go together, they are called a patrol. When they are patrolling the scouts of a patrol hardly ever move close together ; they are spread out so as to see more country, and so that if cut off or ambuscaded by an enemy, they will not all get caught, some will get away to give information. A patrol of six scouts working

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⑤-

⑥-

⑦-

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⑧-

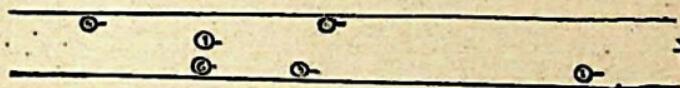
#### PATROL IN THE OPEN

in open country would usually move in this sort of formation, in the shape of a kite with the patrol leader in the centre ; if going along a street or road the patrol would move in a similar way, the

## Weather Wisdom

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flank scouts keeping close to the hedges or walls. No. 2 scout is in front, Nos. 3 and 4 to the right and left, No. 5 to the rear, and No. 6 with the leader (No. 1) in the centre.



PATROL ON A ROAD OR STREET

Patrols when going across open country where they are likely to be seen by enemies or animals should get over it as quickly as possible, i.e., by moving at the scout's pace, walking and running alternately from one point of cover to another. As soon as they are hidden in cover they can rest and look round before making the next move. If as leading scout you get out of sight of your patrol, you should, in passing thick bushes, reeds, etc., bend branches or stems of reeds and grass every few yards, making the heads point *forward* to show your path, for in this way you can always find your way back again, or the patrol or anyone coming after you can easily follow up, and they can judge from the freshness of the grass pretty well how long ago it was you passed that way. It is always useful in unexplored countries to "blaze" trees—that means take a chip out of the bark with your axe or knife, or chalk marks upon walls, or make marks in the sand, or lay stones, or show which way you have gone by the signs which I have given you.

When a troop is marching as a body along a road it is well to "divide the road." That is for the scouts to move in a single file along each side of the road. In this way they don't suffer from dust; and they don't interfere with the traffic.

### Weather Wisdom

**WEATHER.**—Every scout ought to be able to read signs of the weather, especially when going mountaineering or cruising, and to read a barometer.

He should remember the following points :

Red at night shepherd's delight (i.e. fine day coming).

Red in morning is the shepherd's warning (i.e. rain).

Yellow sunset means wind.

Pale yellow sunset means rain.

Dew and fog in early morning mean fine weather.

Clear distant view means rain coming or just past.

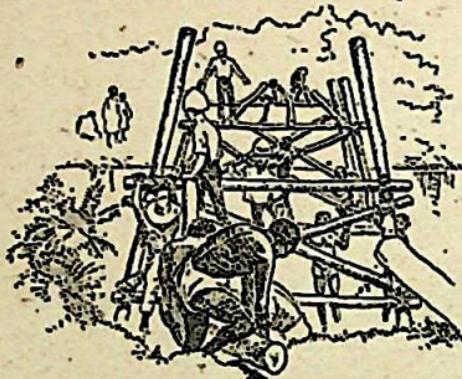
Red dawn means fine weather—so does low dawn.

High dawn is when sun rises over a bank of clouds; high above the horizon means wind.

Soft clouds, fine weather. Hard-edged clouds, wind.

Rolled or jagged, strong wind.

"When the wind's before the rain,  
Soon you may make sail again;  
When the rain's before the wind,  
Then your sheets and halyards mind."



### CHAPTER III

### CAMP LIFE

#### CAMP FIRE YARN. No. 6

#### PIONEERING

##### Knot-tying

PIONEERS are men who go ahead to open up a way in the jungles or elsewhere for those coming after them.

When I was on service on the West Coast of Africa I had command of a large force of native scouts, and, like all scouts, we tried to make ourselves useful in every way to our main army, which was coming along behind us. So not only did we look out for the enemy and watch his moves, but we also did what we could to improve the road for our own army, since it was merely a narrow track through thick jungle and swamps. That is, we became pioneers as well as scouts. In the course of our march we built nearly two hundred bridges of timber over streams. But when I first set the scouts to do this most important work I found that, out of the thousand men, a great many did not know how to use an axe to cut down the trees, and except one company of about sixty men, none knew how to make knots—even bad knots. So they were quite useless for building bridges, as this had to be done by tying poles together.

So every scout ought to be able to tie knots.

To tie a knot seems to be a simple thing, and yet there are right ways and wrong ways of doing it, and scouts ought to know the right way. Very often it may happen that lives depend on a knot being properly tied.

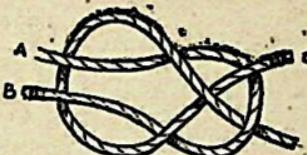
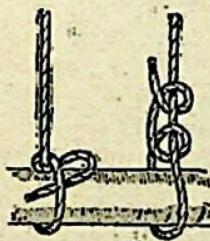
The right kind of knot to tie is one which you can be certain will hold under any amount of strain, and which you can always undo easily if you wish to.

A bad knot, which is called a "granny," is one which slips away when a hard pull comes on it, or which gets jammed so tight that you cannot untie it.

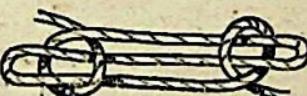
Some useful knots are given opposite.



1. THE REEF KNOT, for tying two ropes together. Being a flat knot, it is much used in ambulance work. The best simple knot, as it will not slip and is easy to untie.



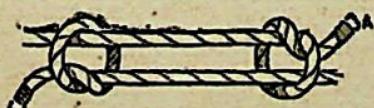
2. SHEET BEND, for tying two rope ends together. Make loop A B with one rope and pass rope-end C through and round whole loop and bend it under its own standing part.



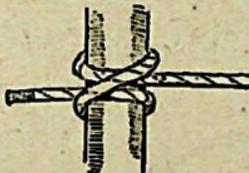
4. THE SHEEP SHANK, for shortening ropes. Gather up the amount to be shortened as in first illustration. Then with parts A and B make a half hitch round each of the bends, as in finished drawing.



5. THE BOWLINE, a loop that will not slip, to tie round a person being lowered from a building, etc. Form a loop, then in the standing part form a second and smaller loop. Through this pass the end of the large loop and behind the standing part and down through the small loop.



7. FISHERMAN'S KNOT, used to tie two lines or ropes of different sizes together. A knot quickly made, and is easy to undo, the ends being simply pulled apart.



6. CLOVE HITCH, for fastening a rope to a pole. Either end will stand a strain without slipping, either lengthways or downwards.

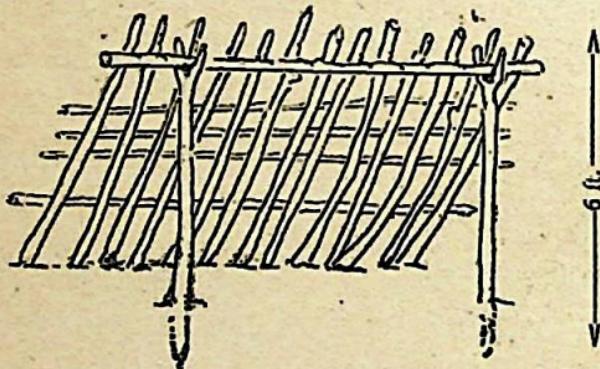


8. MIDDLEMAN'S KNOT. Made in similar fashion to fisherman's knot. This loop will not slip when knots are drawn together, and can safely be used as a halter.

**Hut-Building**

To live comfortably in camp a scout must know how to make a bivouac shelter for the night, or a hut if he is going to be for a long time in camp.

It all depends on the country and weather as to what sort of shelter you put up.



FRAMEWORK OF A BIVOUAC SHELTER

To be thatched with brushwood or grass. A second lean-to roof on opposite side of ridge-pole will then make a hut.

**The Scout is always a Handy Man**

Pioneers are always "handy men." In the Army, the Regimental Pioneers are the men who in war make bridges and roadways for the troops to get along. In peace time the pioneers do all the useful jobs in barracks, such as carpentering, plumbers' and painters' work, bricklaying and metal work, making chairs, tables, bookshelves, etc. So scouts, if they want to be handy pioneers, should also learn this kind of work; and it will always be useful to them afterwards.

**Judging Heights and Distances**

Every scout must be able to judge distance from an inch up to a mile or more. You ought, first of all, to know exactly what is the span of your hand and the breadth of your thumb, and the length from your elbow to your wrist, and the length from one hand to the other with your arms stretched out to either side, and also the length of your feet; if you remember these accurately, they are a great help to you in measuring things. Also, it is useful to cut notches on your staff, showing such measurements as one inch, six inches, one foot, and one yard. These you can measure off with a tape measure before you use your staff, and they may come in very useful.

You must also know how to estimate weights, from a letter of an ounce, or a fish, or a potato of one pound, or a sack of bran, or a cartload of coals; and also the probable weight of a man from his appearance—these, again, are only learnt by practice, but as a scout you should take care to learn them for yourself.

Also you should be able to judge numbers ; that is to say, you should be able to tell at a glance *about* how many people are in a group, or on a bus, or in a big crowd, how many sheep in a flock, how many marbles on a tray, and so on. These you can practise for yourself at all times in the street or field.

A scout must also be able to estimate heights, from a few inches up to three thousand feet or more ; that is to say, he ought to be able to judge the height of a fence, the depth of a ditch, or the height of an embankment, of a house, tree, tower, hill, or mountain. It is easy to do when once you have practised it for a few times, but it is very difficult to teach it by book.

For fairly long distances, think out for yourself which point is half-way to the object. Estimate how far this may be from you, and then double it to obtain the distance. Or another way is to estimate the farthest distance that the object can be away, and then the very nearest it could be, and strike a mean between the two.

Objects appear nearer than they really are : First, when the light is bright and shining on the object ; secondly, when looking across water or snow, or looking uphill or down. Objects appear farther off when in the shade ; across a valley ; when the background is of the same colour ; when the observer is lying down or kneeling ; when there is a heat haze over the ground.

## CAMP FIRE YARN. No. 7

### CAMPING

#### Comfort in Camp

Some people talk of "roughing" it in camp. Those people are generally "tenderfoots" ; an old backwoodsman doesn't rough it, he knows how to look after himself, and to make himself comfortable by a hundred little dodges. For instance, if there are no tents he doesn't sit down to shiver and grouse, but at once sets to work to rig up a shelter or hut for himself. He chooses a good spot for it, where he is not likely to be flooded out if a storm of rain were to come on. Then he lights up a camp fire, and makes himself a comfortable mattress of ferns or straw. An old scout is full of resource, that is, he can find a way out of any difficulty or discomfort. He is full of "dodges."

### Ground

In the first place you must think where you will have your camp, and what kind of camp it shall be.

The best place to my mind for a camp is in or close by a wood where you have leave to cut firewood and to build huts. So if you know of an owner in your neighbourhood who is likely to give you leave to use a corner of his wood, there is your chance. Inside a wood is apt to be damp and to suffer from drip in wet weather, so you must be on the look-out for this. If you build good rain-proof huts, you need not have tents.

In choosing the site, always think what it would be if the weather

came on very rainy and windy, and get the driest and most sheltered place you can and not too far away from your water supply.

Instead of a fixed camp, many scouts prefer a "tramping camp." Of course, it is much better fun to go over new country.

Another enjoyable way of camping is to take a boat and explore a river, camping out in the same way as in a tramping camp. But in this case every member of the patrol must be able to swim.

### Camp Equipment

When you have decided what kind of camp you intend to have and whereabouts, your next point is to look to the equipment—that is to say, what you will need in the way of buckets, brooms, tools, and so on. Here is a rough list of things that are useful in a standing camp, but they will not all be necessary in a bivouac or shifting camp :

FOR TENT.—Bucket, lantern and candles, matches, mallet, tin basin, spade, axe, pick, hank of cord, flag, and pole-strap for hanging things on.

FOR KITCHEN.—Saucepans or stewpot, fry-pan, kettle, gridiron, matches, bucket, butcher's knife, ladle, cleaning rags, empty bottles for milk, bags for rusks, potatoes, etc.

FOR EACH SCOUT.—Waterproof sheet, two blankets, cord or strap for tying them up, straw mattress (to be made in camp—twine and straw required), ration bags (one for sugar and tea, one for pepper and salt, one for flour and baking powder).

### Food

The best kind of bread for camp is what the Boers and most South African hunters use, and that is "rusks." Rusks are easily made. You buy a stale loaf at the baker's at half-price, cut it up into thick slices or square "junks," and then bake these in an oven or toast them before a hot fire till they are quite hard like biscuits. They can then be carried in a spare haversack or bag, and do very well instead of bread. Soft bread easily gets damp and sour and stale in camp.

The amount of food that is needed can be made out from the following list, which shows a good ration for a boy for one day. You have to multiply this amount by the number of boys in camp to see how much to provide each day. The most necessary are marked\*.

\*Oatmeal, rice, or macaroni,  $2\frac{1}{2}$  oz. ; or potatoes,  $\frac{1}{2}$  lb. ; or onions,  $1\frac{1}{2}$  oz. \*Biscuits, bread, or husks,  $\frac{1}{2}$  lb. \*Chocolate and sugar, 2 oz. Fruit,  $\frac{1}{2}$  lb. ; or jam or syrup,  $1\frac{1}{2}$  oz. Cocoa,  $\frac{1}{2}$  oz. Meat,  $\frac{1}{2}$  lb. ; or fish, 6 oz. ; or cheese,  $1\frac{1}{2}$  oz. \*Milk, 2 pints. Butter, 1 oz. Also required : salt, pepper, currants, raisins, flour, suet, and so on. I omit tea because it is no good to a boy, and is expensive.

### Pitching Camp

Having chosen the spot for your camp, pitch your tent with the door away from the wind. Dig a small trench about three inches deep all round it to prevent it getting flooded if heavy rain comes on. This trench should lead the water away downhill. Dig a small hole the size of a teacup alongside the foot of the pole into

which to shift it if rain comes on. This enables you without having to go outside into the rain to slack up all ropes at once to allow for their shrinking when wet.

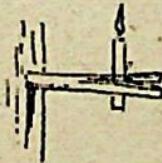
**WATER SUPPLY.**—If there is a spring or stream, the best part of it must be strictly kept clear and clean for drinking water. Farther downstream, a place may be appointed for bathing, washing clothes, and so on. The greatest care is always taken by scouts to keep their drinking-water supply very clean, otherwise they are very likely to get sickness among them.

**LATRINES.**—Another very important point for the health of the scouts is to dig a trench to serve as a latrine. Before pitching tents or lighting the camp fire the latrines should be dug and screens erected. On reaching the camping-ground the latrines are the very first things to attend to—and all scouts bear this in mind. The trench should be two or three feet deep and quite narrow—one foot wide—so that the user can squat astride of it, one foot on each side. A thick sprinkling of earth should be thrown in after use, and the whole trench carefully filled in with earth after a few days' use. The cross screens are necessary for decency, about which scouts are always very careful.

### Camp Beds

There are many ways of making a comfortable bed in camp, but always, if possible, have some kind of covering over the ground between your body and the earth, especially after wet weather. Cut-grass or straw or bracken are very good things to lay down thickly where you are going to lie, but if you cannot get any of these and are obliged to lie on the ground, do not forget before lying down to make a small hole about the size of a teacup in which your hip joint will rest when you are lying on your side; it makes all the difference for sleeping comfortably.

Camp candlesticks can be made by bending a bit of wire into a small spiral spring; or by using a cleft stick stuck in the wall; or by sticking the candle upright in a lump of clay or in a hole bored in a big potato; or a glass candle shade can be made by cutting the bottom off a bottle and sticking it upside-down in the ground with a candle stuck in the neck.



CAMP CANDLESTICKS

The bottom of the bottle may be cut off by putting about an inch or an inch and a half of water into the bottle, and then standing it in the embers of the fire till it gets hot and cracks at the water level.

### Camp Fires—The Right Way of Making Them

Before lighting your fire, remember always to do as every backwoodsman does, and that is to cut away or burn all bracken, heather,

grass, etc., round the fire, to prevent its setting light to the surrounding grass or bush.

Remember to begin your fire with a small amount of very small chips or twigs of really dry dead wood lightly heaped together, and a little straw or paper to ignite it ; about this should be put little sticks leaning together in the shape of a pyramid, and above this bigger sticks similarly standing on end. When the fire is well alight bigger sticks can be added, and finally logs of wood. A great thing for a cooking fire is to get a good pile of red-hot wood ashes, and if you use three large logs, they should be placed lying on the ground, star-shaped, like the spokes of a wheel, with their ends centred in the fire. A fire made in this way need never go out, for as the logs burn away you keep pushing them towards the centre of the fire, always making fresh red-hot ashes there. This makes a good cooking fire, and also one which gives very little flame or smoke.



STAR FIRE READY TO LIGHT

### Cooking

Every scout must, of course, know how to cook his own meat and vegetables, and to make bread for himself, without regular cooking utensils. For boiling water a scout would usually have his tin "billy" and in that he can boil vegetables or stew his meat : but often he will want it for drinking, and will cook his meat in some other way. This would usually be done by sticking it on sharp sticks and hanging it close to the fire, so that it gets broiled ; or the lid of an old biscuit tin can be used as a kind of frying-pan. Put grease or water in it to prevent the meat getting burnt before it is cooked.

Meat can also be wrapped in a few sheets of wet paper, or in a coating of clay, and put in the red-hot embers of the fire, where it will cook itself. Birds and fish can also be cooked in this manner, and there is no need to pluck the bird before doing so if you use clay, as the feathers will stick to the clay when it hardens in the heat, and when you break it open the bird will come out cooked, without its feathers, like the kernel out of a nutshell.

Another way is to clean out the inside of the bird, get a pebble about the size of its inside, and heat it till nearly red-hot ; place it inside the bird, and put the bird on a gridiron, or on a wooden spit over the fire.

To boil your "billy," or camp kettle, you can either stand it on the logs (where it often falls over unless care is taken), or, better, stand it on the ground among the hot embers of the fire ; or else rig up a triangle of three green poles over the fire, tying them together at the top, and hanging the pot by a wire or chain from the poles.

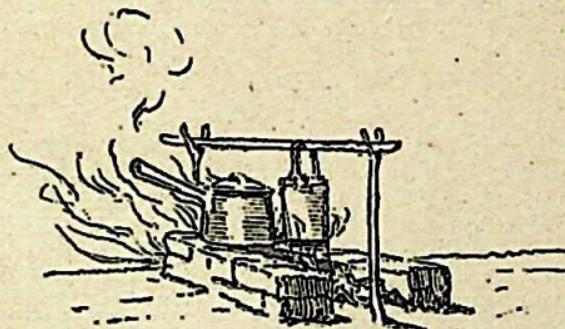
This is as good a kind of camp kitchen as any : it is made with two lines of sods, bricks, or thick logs, stones, flattened at the top, about six feet long, slightly splayed from each other, being four

## Cleanliness

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inches apart at one end and eight inches at the other—the big end towards the wind.

When boiling a pot of water on the fire do not jam the lid on too firmly, as, when the steam forms inside the pot, it must have some means of escape, or it will burst the pot.



CAMP KITCHEN

To find out when the water is beginning to boil, you need not take off the lid and look, but just hold the end of a stick or knife etc., to the pot, and if the water is boiling you will feel it trembling.

**HUNTER'S STEW.**—Chop your meat into small chunks about an inch or one and a half inch square.

Scrape and chop up any vegetables, such as potatoes, carrots, onions, etc., and put them into your "billy."

Add clean water or soup till it is half full.

Mix some flour, salt, and pepper together, and rub your meat well in it, and put this in the "billy."

There should be enough water just to cover the food—no more.

Let the "billy" stand in the embers and simmer for about one hour and a quarter.

The potatoes take longest to cook. When these are soft (which you try with a fork) enough not to lift out, the whole stew is cooked.

## Cleanliness

One thing to remember in camp is that if you get sick you are no use as a scout, and are only a burden to others, and you generally get ill through your own fault. Either you don't change into dry clothes when you get wet, or you let dirt get into your food, or you drink bad water.

So, when cooking your food, always be careful to clean your cooking pots, plates, forks, etc., very thoroughly.

Flies are most dangerous, because they carry about seeds of disease on their feet, and if they settle on your food they will often leave the poison there for you to eat—and then you wonder why you get ill. Flies generally live best where dirt and scraps of food are left lying about.

For this reason you should be careful to keep your camp very clean, so that flies won't come there. All slops and scraps should be thrown away into a properly dug hole, where they can be buried,

and not scattered about all over the place. Patrol Leaders must be very careful to see that this is always done.

For the same reason, it is very dangerous to drink out of streams, and especially out of ponds, when you feel thirsty, for you may suck down any amount of poison in doing so. If a pond is your only water-supply, it is best to dig a small well, three feet deep, about ten feet away from the pond, and the water that oozes into it will be purer.

### Drying Clothes

You will often get wet through on service, and you will see tenderfoots remaining in their wet clothes until they get dry again; no old scout would do so, as that is the way to catch fever and get ill. When you are wet, take the first opportunity of getting your wet clothes off and drying them, even though you may not have other clothes to put on, as happened to me many a time. I have sat naked under a waggon while my one suit of clothes was drying over a fire. The way to dry clothes over a fire is to make a fire of hot ashes, and then build a small beehive-shaped cage of sticks over the fire, and then to hang your clothes all over this cage, and they will very quickly dry.

### Loafers in Camp

A camp is a roomy place, but there is no room in it for one chap, and that is the fellow who does not want to take his share in the many little odd jobs that have to be done; there is no room for the shirker or the *grouser*—well, there is no room for them in the Boy Scouts at all, but least of all when in camp.

Every fellow must help, and help cheerily, in making it comfortable for all. In this way comradeship grows.

### Cleaning Camp Ground

Never forget also that the state of an old camp ground, after the camp has finished, tells exactly whether the patrol or troop which has used it was a smart one or not. No scouts who are any good ever leave the camp ground dirty; they sweep up and bury or burn every scrap of rubbish. This is done on service to prevent the enemy reading any information from what is left.

Thus, supposing you left some bits of old bandages, a few tunic buttons, old food scraps, etc., an enemy could tell which regiments were in the force, that there were wounded men, and that the men were reduced to certain shifts for food.

In peace camps, it is quite as important to get into this habit of cleaning up your camp ground before leaving it, as then farmers don't have the trouble of having to clean their ground after you leave, and they are, therefore, all the more willing to let you use it again.

Another point to remember is that when you use a farmer's ground you ought to repay him for the use of it. If you do not do this with money you can do it in other ways. You can, and ought to do jobs that are useful for him. You can mend his fences

## Boat Cruising

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or gates, or herd his cows, cut thistles or dig up weeds, and so on. You should always be doing "good turns" both to the farmer and to the people living near your camp, so that they will be glad to have you there.

Especially be careful to get leave from the owners of land in the neighbourhood before you go on to it. You have no right to go anywhere off the roads without leave, but most owners will give you this if you go and tell them who you are and what you want to do.

When going over their land remember above all things :

1. To shut all gates after you.
2. To disturb animals and game as little as you possibly can.
3. To do no damage to fences, crops, or trees.

Any firewood that you require you must ask for before taking. And look here. Don't forget to THANK THE OWNER for letting you use his ground.

### Tramping Camps

Instead of a fixed camp, many scouts prefer a "tramping camp." Of course, it is much better fun to go over new country; but to make a tramping camp enjoyable you want good weather.

In arranging your tramp, your first point will be to select the line of country you want to visit, and mark out from the map whereabouts you will halt for each night. You will find that about five miles a day is as much as you will want to do.

You would do well to make a baggage-barrow for carrying your tents, blankets, and waterproof sheets, etc. At the end of each day's march you would get leave from a farmer to pitch your camp in his field, or get the use of his barn to sleep in—especially if the weather be wet.

### Boat Cruising

Another enjoyable way of camping is to take a boat and explore a river, camping out in the same way as in a tramping camp. But in this case every member of the patrol must be able to swim. It is often very convenient to make your tent inside the boat at night.



## CHAPTER IV

### TRACKING

#### CAMP FIRE YARN. No. 8

#### OBSERVATION OF "SIGN"

##### Noticing Sign

"SIGN" is the word used by scouts to mean any little details, such as footprints, broken twigs, trampled grass, scraps of food, a drop of blood, a hair, and so on; anything that may help as clues in getting information they are in search of.

Mrs. Walter Smithson, when travelling in Kashmir, was following up with some native Indian trackers the "pugs" or footmarks of a panther which had killed and carried off a young buck. It had crossed a wide slab of rock which, of course, gave no mark of its soft feet. The tracker went at once to the far side of the rock where it came to a sharp edge; he wetted his finger, and just passed it along the edge till he found a few buck's hairs sticking to it. This showed him where the panther had passed down off the rock, dragging the buck with him. Those few hairs were what scouts call "sign."

One of the most important things that a scout has to learn, whether he is a war scout or a hunter or peace scout, is *to let nothing escape his attention*; he must notice small points and signs, and then make out the meaning of them.

Remember, a scout always considered it a great disgrace if an outsider discovers a thing before he has seen it for himself, whether that thing is far away in the distance or close by under his feet.

If you go out with a really trained scout you will see that his eyes are constantly moving, looking out in every direction near and far, noticing everything that is going on, just from habit, not because he wants to show off how much he notices.

I was walking with one the other day in Hyde Park in London. He presently remarked, "That horse is going a little lame"—there was no horse near us, but I found he was looking at one far away across the Serpentine: the next moment he picked up a peculiar button lying by the path. His eyes, you see, were looking both far away and near.

## Details of People

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In the story of *Kim* by Rudyard Kipling, there is an account of two boys being taught "observation" in order to become detectives, or scouts, by means of a game in which a trayful of small objects was shown to them for a minute and was then covered over and they had to describe all the things on it from memory.

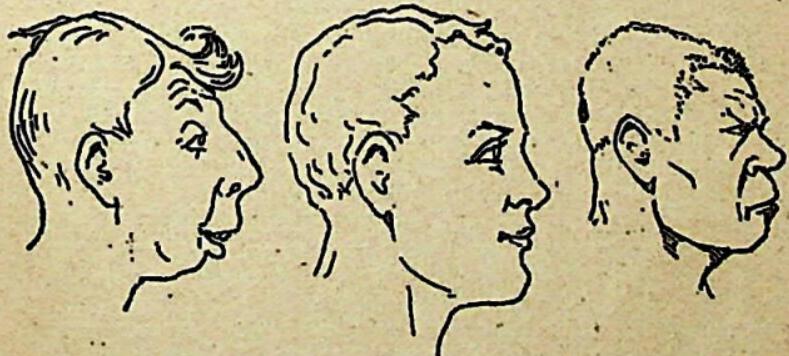
We have that game, as it is excellent practice for scouts.

There was a revolutionary society in Italy called the Camorra, who used to train their boys to be quick at noticing and remembering things. When walking through the streets of the city, the Camorrist would suddenly stop and ask his boy—"How was the woman dressed who sat at the door of the fourth house on the right in the last street?" or, "What were the two men talking about whom we met at the corner of the last street but three?" or, "Where was the cab ordered to drive to, and what was its number?" "What is the height of that house and what is the width of its upper-floor window?" and so on. Or the boy was given a minute to look in a shop window, and then he had to describe all that was in it. Captain Cook, the great explorer and scout, was trained in the same way as a boy, and so was Houdin, the great conjurer.

Every town scout should know, as a matter of course, where is the nearest chemist's shop (in case of accidents), the nearest police "fixed point," police station, hospital, fire alarm, telephone, ambulance station.

### Details of People

When you are travelling by train or tram, always notice every little thing about your fellow-travellers; notice their faces, dress, way of talking, and so on, so that you could describe them each pretty accurately afterwards; and also try and make out from their appearance and behaviour whether they are rich or poor (which you can generally tell from their boots), and what is their probable business, whether they are happy, or ill, or in want of help.



Close observation of people and ability to read their character and their thoughts is of immense value in trade and commerce, especially for a shop-assistant or salesman in persuading people to buy goods, or in detecting would-be swindlers.

The way a man (or a woman) walks is often a good guide to his

character—witness the fussy, swaggering little man padding along with short steps with much arm-action; the nervous man's hurried jerky stride; the slow slouch of the loafer; the smooth, quick, and silent step of the scout, and so on.

The shape of the face gives a good guide to the man's character. Perhaps you could tell the characters of the gentlemen on page 31?

### Practise Observation

A well-known detective, Mr. Justin Chevasse, describes how, with a little practice in observation, you can tell pretty accurately a man's character from his dress.

The boots are very generally the best test of all details of clothing.

### Sign Round a Dead Body

It may happen to some of you that one day you will be the first to find the dead body of a man, in which case you will remember that it is your duty to examine and note down the smallest signs that are to be seen on and near the body before it is moved or the ground disturbed and trampled down. Besides noticing the exact position of the body (which should, if possible, be photographed exactly as found) the ground all round should be very carefully examined—without treading on it yourself more than is absolutely necessary, for fear of spoiling existing tracks. If you can also draw a little map of how the body lay and where the signs round it were, it might be of value.

Twice lately bodies have been found which were at first supposed to be those of people who had hanged themselves; but close examination of the ground round them—in one case some torn twigs and trampled grass, and in the other a crumpled carpet—showed that murder had been committed, and that the bodies had been hung after death to make it appear as though they had committed suicide.

Finger-marks should especially be looked for on any likely articles, and if they do not correspond to those of the murdered man they may be those of his murderer, who could then be identified by comparing the impression with his fingers. Such a case occurred in India, where a man was found murdered and a bloody finger-mark on his clothes. The owner of the finger-mark was found, tried, and convicted.

### Details in the Country

If you are in the country you should notice landmarks, that is, objects which help you to find your way or prevent you getting lost, such as distant hills, church towers, and nearer objects, such as peculiar buildings, trees, gates, rocks, etc.

And remember, in noticing such landmarks, that you may want to use your knowledge of them some day for telling someone else how to find his way, so you must notice them pretty closely so as to be able to describe them unmistakably and in their proper order. You must notice and remember every by-road and foot-path.

Then you must also notice smaller signs, such as birds getting up and flying hurriedly, which means somebody or some animal is there; dust shows animals, men, or vehicles moving.

## Men's Tracks

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Of course, when in the country you should notice, just as much as in town, all passers-by very carefully—how they are dressed, what their faces are like, and their way of walking, and examine their footmarks—and jot down a sketch of them in your note-book, so that you would know the footprint again if you found it somewhere else.

And notice all tracks—that is, footmarks of men, animals, birds, wheels, etc., for from these you can read the most important information, as Captain d'Artagnan did in the story of the secret duel, in my *Yarns for Boy Scouts*, is.

## SPOORING

## Men's Tracks

I myself led a column through an intricate part of the Matopo Mountains in Rhodesia by night to attack the enemy's stronghold which I had reconnoitred the previous day. I found the way by feeling my own tracks, sometimes with my hands and sometimes through the soles of my shoes, which had worn very thin; and I never had any difficulty in finding the line.

Tracking, or following up tracks, is called by different names in different countries. Thus, in South Africa, you would talk only of "spooing," that is, following up the "spoor"; in India, it would be following the "pugs," or "pugging"; in America, it is "trailing."

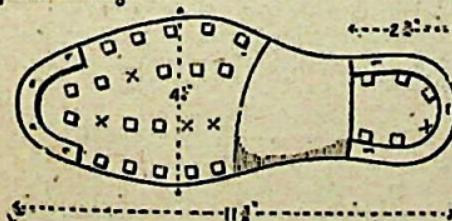
It is one of the principal ways by which scouts gain information, and hunters find their game. But to become a good tracker you must begin young, and practise it at all times when you are out walking, whether in town or country.

If at first you constantly remind yourself to do it, you will soon find that you do it as a habit without having to remind yourself. And it is a very useful habit, and makes the dullest walk interesting.

First of all you must be able to distinguish one man's footprint from that of another, by its size, shape, and nails, etc. And, similarly the prints of horses and other animals.

From a man's track, that is, from the size of his foot and the length of his stride, you can tell, to a certain extent, his height.

\* Nails missing



The way in which the diagram of a boot-track should be drawn

It is best to make a diagram of the foot-print thus—nails missing. You should also measure very carefully the length of the man's stride from the toe of one foot to the heel of the other.

In taking notes of a track you should pick out a well-marked print, very carefully measure its length, length of heel, with widest point of tread, width at waist, width of heel, number of rows of nails, and number of nails in each row, heel and toe-plates or nails, shape of nail-heads, etc.

A scout must learn to recognise at a glance at what pace the maker of the tracks was going, and so on.

A man walking puts the whole flat of his foot on the ground, each foot a little under a yard from the other. In running, the toes are more deeply dug into the ground, and a little dirt is kicked up, and the feet are more than a yard apart. Sometimes men walk backwards in order to deceive anyone who may be tracking, but a good scout can generally tell this at once by the stride being shorter, the toes more turned in, and the heels being tightly impressed.

With animals, if they are moving fast, their toes are more deeply dug into the ground, and they kick up the dirt, and their paces are longer than when going slowly.

You ought to be able to tell the pace at which a horse has been going directly you see the tracks.

At a walk the horse makes two pair of hoof prints—the near (left) hind foot close in front of near fore foot mark, and the off (right) fore foot similarly just behind the print of the off hind foot.

At a trot the track is similar, but the stride is longer.

The hind feet are generally longer and narrower in shape than the fore feet.

If you lose sight of the track you must make a "cast" to find it again. To do this put your handkerchief, staff, or other mark at the last footmark that you noticed, then work round it in a wide circle, say, 30, 50, or 100 yards away from it as a centre—choosing the most favourable ground, soft ground if possible, to find signs of the outward track. If you are with a patrol it is generally best for the patrol to halt while one perhaps or two men make the cast. If everybody starts trying to find the spoor they very soon defeat their object by treading it out or confusing it with their own footmarks—too many cooks easily spoil the broth in such a case.

In making a cast use your common sense as to which direction the enemy has probably taken, and try it there. I remember an instance of tracking a boar which illustrates what I mean. The boar had been running through some muddy inundated fields, and was easy enough to follow until he turned off over some very hard and stony ground, where after a little while not a sign of his spoor was to be seen. A cast had accordingly to be made. The last footmark was marked, and the tracker moved round a wide circle, examining the ground most carefully, but not a sign was found. Then the tracker took a look round the country, and, putting himself in place of the pig, said, "Now which direction would I have gone in?" Some distance to the front of him, as the original track led, stood a long hedge of prickly cactus: in it were two gaps. The tracker went to one of these as being the line the boar would probably take. Here the ground was still very hard, and no footmark was visible, but on a leaf of the cactus in the gap was a pellet of wet mud; and this gave the desired clue: there was no mud on this hard ground, but the pig had evidently brought some on his feet from the wet ground he had been travelling through. This one little sign enabled the tracker to work on in the right direction to another and another, until eventually

## Reading "Sign," or Deduction 35

he got on to the spoor again in favourable ground, and was able to follow up the boar to his resting-place.

Wheel tracks should also be studied till you can tell the difference between the track of a gun, a carriage, a country car, motor-car, or a bicycle, *and the direction they were going in.*

In addition to learning to recognise the pace of tracks, you must get to know how old they are. This is a most important point, and requires a very great amount of practice and experience before you can judge it really well.

### Reading "Sign," or Deduction

When a scout has learned to notice "sign," he must then learn to "put this and that together," and so read a *meaning* from what he has seen. This is called "deduction." Here is an example of what I mean which was lately given in the *Forest and Stream*, which shows how the young scout can read the meaning from "sign" when he has been trained to it.

A cavalry soldier had got lost and some of his comrades were hunting all over the country to find him, when they came across a native boy, and asked him if he had seen the lost man. He immediately said : " Do you mean a very tall soldier, riding a roan horse that was slightly lame ? "

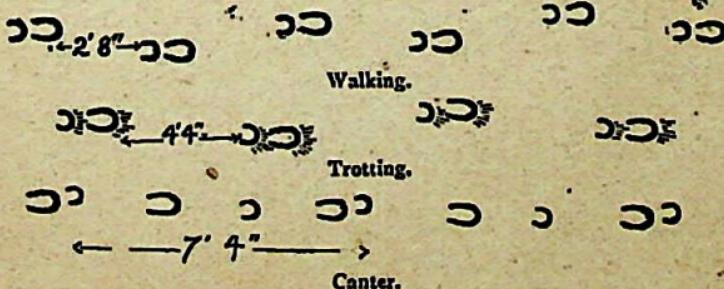
They said, " Yes ; that was the man. Where did you see him ? " The boy replied, " I have not seen him, but I know where he has gone."

Thereupon they arrested him, thinking that probably the man had been murdered and made away with, and that the boy had heard about it.

But eventually he explained that he had seen tracks of the man which he could point out to them.

Finally he brought them to a place where the signs showed that the man had made a halt. The horse had rubbed itself against a tree, and had left some of its hairs sticking to the bark, which showed that it was a roan horse ; its hoof marks showed that it was lame, that is, one foot was not so deeply indented on the ground and did not take so long a pace as the other feet. That the rider was a soldier was shown by the imprint of his boot, which was an army boot. Then they asked the boy, " How could you tell that he was a tall man ? " and the boy pointed out to where the soldier had broken a branch from the tree, which would have been out of reach of a man of ordinary height.

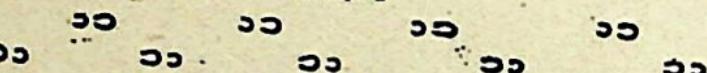
#### HORSES' TRACKS



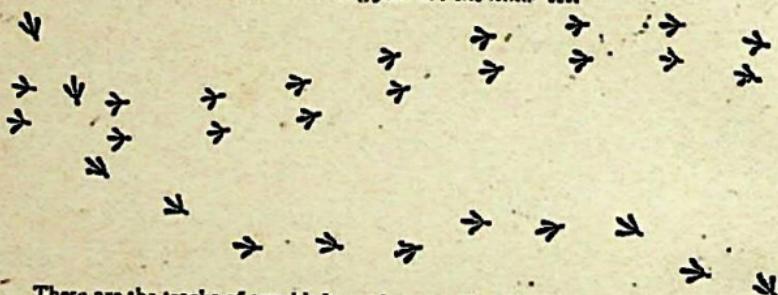
O.P.	O.H.	N.H.	N.F.	O.P.
6' 6"	3' 10"	7' 6"	5' 0"	6' 6"

O.H. = Off Hind, etc.

Galloping.



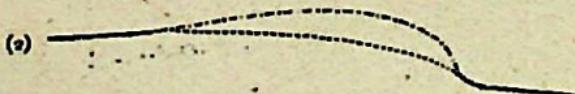
Lame Horse Walking : Which leg is he lame in ?  
N.B.—The long feet are the hind feet.



These are the tracks of two birds on the ground. One lives generally on the ground, the other in bushes and trees. Which track belongs to which bird ?



(2) The direction of a bicycle is further shown by the loops made in the track where the rider has made a turn or wobble; the thinner end of the loop points in the direction he was going.



Stone pushed forward and then kicked back by the wheel.

A small step down. The downward bump of the car swelled out the tyre momentarily.

TRACK OF (1) (2) BICYCLE AND (3) MOTOR

N. S. Chitambaresan

## CHAPTER V

### WOODCRAFT: OR KNOWLEDGE OF ANIMALS AND NATURE

#### CAMP FIRE YARN. No. 9

##### How to Hide Yourself

WHEN you want to observe wild animals you have to stalk them, that is, to creep up to them without their seeing or smelling you.

A hunter when he is stalking wild animals keeps himself entirely hidden, so does the war scout when watching or looking for the enemy, a policeman does not catch pickpockets by standing about in uniform watching for them; he dresses like one of the crowd, and as often as not gazes into the shop window and sees all that goes on behind him reflected as if in a looking-glass.

If a guilty person finds himself being watched, it puts him on his guard, while an innocent person becomes annoyed. So when, you are observing a person, don't do so by openly staring at them, but notice the details you want to at one glance or two, and if you want to study them more, walk behind them; you can learn just as much from a back view, in fact more than you can from a front view, and, unless they are scouts and look round frequently, they do not know that you are observing them.

War scouts and hunters stalking game always carry out two important things when they don't want to be seen.

One is—they take care that the ground behind them, or trees, or buildings, etc., are of the same colour as their clothes.

And the other is—if an enemy or a deer is seen looking for them, they remain perfectly still without moving so long as he is there.

In that way a scout, even though he is out in the open, will often escape being noticed.

In making use of hills as look-out places, be very careful not to show yourself on the top or sky-line. That is the fault which a Tenderfoot generally makes.

It is quite a lesson to watch a Zulu scout making use of a hill-top or rising ground as a look-out place. He will crawl up on all fours, lying flat in the grass; on reaching the top he will very slowly raise his head, inch by inch, till he can see the view. If he sees the enemy on beyond, he will have a good look, and, if he thinks they are watching him, will keep his head perfectly steady for an immense time, hoping that he will be mistaken for a stump or a stone. If he is not detected, he will very gradually lower his head, inch by inch, into the grass again, and crawl quietly away.

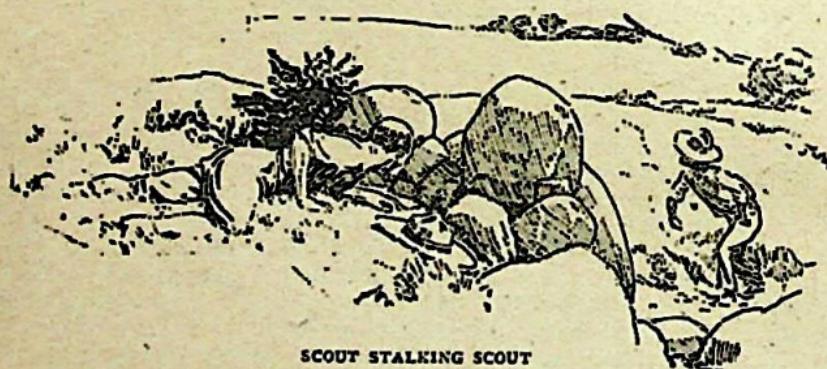
Any quick or sudden movement of the head on the sky-line would be very liable to attract attention, even at a considerable distance.

At night, keep as much as possible in low ground, ditches, etc., so that you are down in the dark, while an enemy who comes near will be visible to you outlined against the stars on higher ground.

By squatting low in the shadow of the bush at night, and keeping quite still, I have let an enemy's scout come and stand within three feet of me, so that when he turned his back towards me I was able to stand up where I was, and fling my arms round him.

Before starting to stalk your enemy, then, you should be sure which way the wind is blowing, and work up against it. To find this out, you should wet your thumb all round with your tongue, and then hold it up and see which side feels coldest, or you can throw some light dust, or dry grass or leaves in the air, and see which way they drift.

The Red Indian scouts, when they wanted to reconnoitre an enemy's camp, used to tie a wolf's skin on their backs and walk on all fours, and, imitating the howl of a wolf, prowl round the camps at night.



SCOUT STALKING SCOUT

From "Sketches in Mafeking and East Africa."

By permission of Messrs. Smith, Elder, & Co.

American scouts, when peeping over a ridge or any place where their head might be seen against the sky-line, put on a cap made of wolf's-head skin with ears on it—so that they may be mistaken for a wolf, if seen.

Our scouts also, when looking out among grass, etc., tie a string or band round their head, and stick a lot of grass in it, some upright, some drooping over their face, so that their head is invisible.

When hiding behind a big stone or mound, etc., they don't look over the top, but round the side of it.

#### Animals and Birds

I have said the "hunting" or "going after big game is one of the best things in scouting." I did not say shooting or killing the game was the best part; for, as you get to study animals, you get to like them more and more, and you will soon find that you

## Animals and Birds

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don't want to kill them for the mere sake of killing, and that the more you see of them the more you see the wonderful work of God in them.

All the fun of hunting lies in the adventurous life in the jungle, the chance in many cases of the animal hunting *you* instead of you hunting the animal, the interest of tracking him up, stalking him and watching all that he does and learning his habits. The actual shooting the animal that follows is only a very small part of the fun.

No scout should ever kill an animal unless there is some real reason for doing so, and in that case he should kill it quickly and effectively, so as to give it as little pain as possible.

In fact, many big-game hunters nowadays prefer to shoot their game with the camera instead of with the rifle—which gives just as interesting results—except when you and your natives are hungry, then you must, of course, kill your game.

I have often lain out on moonlight nights to watch the animals, especially wild boars, in the jungle: and it is just as good fun as merely going after them to kill them.

And I have caught and kept a young wild boar and a young panther, and found them most amusing and interesting little beggars. The boar used to live in my garden, and he never became really tame, though I got him as a baby.

But before going to study big game in the jungles everybody must study all animals wild and tame at home. It would be a very good thing if every scout kept some kind of animal, such as a pony or a dog, birds, or rabbits, or even live butterflies.

Every boy scout ought to know all about the tame animals which he sees every day. You ought to know all about grooming, feeding, and watering a horse, about putting him into harness or taking him out of harness and putting him in the stable, and know when he is going lame and should not therefore be worked.

Often you can help a horse struggling with a load on a slippery road by scattering a few handfuls of sand or ashes.

Every animal is interesting to watch, and it is just as difficult to stalk a weasel as it is to stalk a lion.

If you are lucky enough to own a camera, you cannot possibly do better than start making a collection of photos of animals and birds taken from life. Such a collection is ten times more interesting than the ordinary boy's collection of stamps, or crests, or autographs, which any ass can accomplish by sitting at home and bothering other people to give.

A good scout likes stalking birds and watching all that they do. He discovers, by watching them, where and how they build their nests.

He does not, like the ordinary boy, want to go and rob them of their eggs, but he likes to watch how they hatch out their young and teach them to feed themselves and to fly. He gets to know every species of bird by its call and by its way of flying; and he knows which birds remain all the year round and which only come at certain seasons; and what kind of food they like best, and how they change their plumage; what sort of nests they build, where they build them, and what the eggs are like.

A good many birds are almost dying out in Great Britain, because so many boys bag all their eggs when they find their nests.

Bird's-nesting is very like big-game shooting—you look out in places that, as a hunter, you know are likely places for the birds you want; you watch the birds fly in and out and you find the nest. But do not then go and destroy the nest and take all the eggs. If you are actually a collector, take one egg and leave the rest, and, above all, don't pull the nest about, otherwise the parent birds will desert it, and all those eggs, which might have developed into jolly young birds, will be wasted.

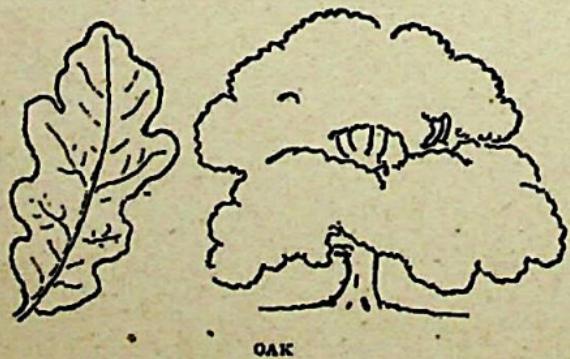
Of course, a scout who lives in the country has much better chances of studying animals and birds than in a town.

Still, if you live in London there are lots of different kinds of birds in the parks, ducks and waterfowl of every kind, pelicans, wood-pigeons, woodpeckers, and most of the English birds; there is almost every animal under the sun to be seen alive in the Zoological Gardens, or stuffed and set up in the Natural History Museum at South Kensington—so that a Boy Scout in London ought to know as much about all animals as most people. And even in Leadenhall Market you can see a number of different kinds of live animals for sale, as well as in the many animal shops about London or any other big town.

In other towns it is perhaps a little more difficult, but most of them have their Natural History Museum, where a fellow can learn the appearance and names of many animals; and you can do a lot of observing in the parks or by starting a feeding-box for birds at your own window. And, best of all, by going out into the country whenever you can get a few hours for it by train, or bicycle, or on your own flat feet, and there stalk such animals as rabbits, hares, water-rats, birds, fish, etc., and watch all they do, and get to know their different kinds and their names, and also what kind of tracks they make on the ground, their nests and eggs, and so on.

### Trees

Although they are not animals, trees are things about which scouts should know something. Very often a scout has to describe country which he has seen, and if he says it is "well wooded," it would often be of great importance that the reader of his report should know what kind of trees the woods were composed of.



OAK

A scout should make a point of learning the names and appearances of the trees in his country.

He should get hold of a leaf of each kind and compare it with the leaf on the tree; and then get to know the general shape and appearance of each kind of tree, so as to be able to recognize it at a distance—and not only in summer, but also in winter.

### Plants

But especially you ought to know what kinds of plants are useful to you in providing you with food. Supposing you were out in a jungle without any food, as very often happens; if you knew nothing about plants you would probably die of starvation, or of poisoning, from not knowing which fruit or roots were wholesome and which dangerous to eat.

There are numbers of berries, nuts, roots, barks, and leaves that are good to eat.

The same with crops of different kinds of corn and seed, vegetable roots, and even grasses and vetches. Seaweed is much eaten in Ireland (Sloke) and Scotland. Certain kinds of moss are also used as food.



"THE STRUGGLE," FOR STRENGTHENING THE HEART

## CHAPTER VI

### ENDURANCE FOR SCOUTS: OR, HOW TO BE STRONG

#### CAMP FIRE YARN. No. 10

A scout's motto is, "Never say die till you're dead"—and if he acts up to this it will pull him out of many a bad place when everything seems to be going wrong for him. It means a mixture of pluck, patience, and strength, which we call "endurance."

The great South African hunter and scout, F. C. Selous, gave a good example of scouts' endurance when on a hunting expedition in Barotseland, north of the Zambesi River, some years ago. In the middle of the night his camp was suddenly attacked by a hostile tribe, who fired into it at close range and charged in. He and his small party of natives scattered at once into the darkness and hid themselves in the long grass. Selous himself, got separated from his men, and knowing his only chance of safety lay in getting away before day dawned, crept past an outpost of the enemy, swam across a river, and finally got well away, dressed only in a shirt, shorts and shoes. For some days he tramped on, shooting duck for food, until his rifle was stolen by some natives in what he thought was a friendly village. However, he did not give up hope, and pushed on FOR THREE WEEKS—alone, hunted, starving, bitterly cold at night and in sweltering heat by day. At last he met some of his men, and after further tramping they got safely back into friendly country.

None but a scout with extraordinary endurance could have lived through it, but then Selous was a man who as a lad had made himself strong by care and exercise: and he neither drank nor smoked. And he kept up his pluck all the time.

#### Exercises and their Object

There is a great deal of nonsense done in the way of bodily exercises; so many people seem to think that their only object is to make huge muscle. But to make yourself strong and healthy

it is necessary to begin with your inside and to get the blood into good order and the heart to work well ; that is the secret of the whole thing, and exercises of the body do it for you.

The secret of keeping well and healthy is to keep your blood clean and active. Different exercises will do that if you will use them every day.

The blood thrives on simple good food, plenty of exercise, plenty of fresh air, cleanliness of the body both *inside* and out, and proper rest of body and mind at intervals.

The Japanese are very strong and healthy, as was shown in their own war with Russia. There was very little sickness among them, and those who were wounded generally very quickly recovered because their skin was clean and their blood was in a healthy, sound condition. They are the best example that we can copy. They keep themselves very clean by having two or three baths every day.

They eat very plain food, chiefly rice and fruit, and not much of it. They drink plenty of water, but no spirits. They take lots of exercise. They make themselves good-tempered and do not worry their brain. They live in fresh air as much as possible day and night. Their particular exercise is "Ju-Jitsu," which is more of a game than drill, and is generally played in pairs. And pupils get to like the game so much that they generally go on with it after their course of instruction has finished.

By Ju-Jitsu the muscles and body are developed in a natural way, in the open air as a rule. It requires no apparatus, and once the muscles have been formed by it, they do not disappear again when you cease the practices, as is the case in ordinary gymnastics.

Admiral Kamimura, the great Admiral of our friends the Japanese, strongly recommends all young men and lads to practise Ju-Jitsu, as it not only makes them strong, but also quick in the mind.

### The Nose

Fifty years ago, Mr. Catlin, in America, wrote a book called *Shut your Mouth and Save your Life*, and he showed how the Red Indians for a long time had adopted that method with their children to the extent of tying up their jaws at night, to ensure their only breathing through their nose.

Breathing through the nose prevents germs of disease getting from the air into the throat and stomach ; it also prevents a growth in the back of the throat called "adenoids," which are apt to stop the breathing power of the nostrils, and also to cause deafness.

### Teeth

A scout with bad teeth is no use at all for scouting work, because he has to live on hard biscuits and hard meat, which he cannot possibly eat or digest if his teeth are not good ; and good teeth depend upon how you look after them when you are young, which means that you should keep them very carefully clean. At least twice a day they should be brushed, when you get up in the morning and when you go to bed, both inside and out, with a tooth-brush

and tooth-powder ; and should be rinsed with water, if possible, after every meal, but especially after eating fruit or acid food.

"Out West," in America, cowboys are generally supposed to be pretty rough customers, but they are in reality peace scouts of a high order. They live a hard life, doing hard and dangerous work far away from towns and civilisation—where nobody sees them. But there is one civilised thing that they do—they clean their teeth every day, morning and evening.

Years ago I was travelling through Natal on horseback, and I was anxious to find a lodging for the night, when I came across a hut evidently occupied by a white man, but nobody was about. In looking round inside the hut, I noticed that though it was very roughly furnished, there were several tooth-brushes on what served as a wash-hand stand, so I guessed that the owner must be a decent fellow, and I made myself at home until he came in, and I found that I had guessed aright.

### An Easy Way to Grow Strong

It is possible for any boy, even though he may be small and weak, to make himself into a strong and healthy man if he takes the trouble to do a few bodily exercises every day. They only take about ten minutes, and do not require any kind of apparatus such as dumb-bells, parallel bars, and so on.

They should be practised every morning, the first thing on getting up, and every evening before going to bed. It is best to do them with little or no clothing on, and in the open air, or close to an open window. The value of this exercise is much increased if you think of the object of each move while you are doing it, and if you are very particular to breathe the air in through your nose and to breathe out through your mouth—since breathing in through the nose prevents you from swallowing down all sorts of little seeds of poison or bad health, which are always floating about in the air—especially in rooms from which the fresh air is shut out ; such rooms are very poisonous. A great many people who are pale and seedy, are made so by living in rooms where the windows are seldom opened and the air is full of unwholesome gases or germs. Open your windows, especially at the top, every day to let the foul air out.

These exercises you will find fully described and explained, with pictures, on Chart numbers 1, 2, 3, and 4, which you can get from Headquarters. You should also buy numbers 2, 4, 5, 6, 7, 20, as these show you how to do boxing, Ju-Jitsu, and all the other kinds of games, sports and exercises which are the very best way of growing strong and healthy.

### How to Keep Healthy

All the great peace scouts who have succeeded in exploring or hunting expeditions in wild countries have only been able to get on by being pretty good doctors themselves ; because diseases, accidents, and wounds are always being suffered by them or their men, and they don't find doctors and chemists' shops in the jungles to cure them. So that a scout who does not know something about doctoring would never get on at all ; he might just as well stay at home for all the good he will be.

Therefore, practise keeping healthy yourself, and then you will be able to show others how to keep themselves healthy too.

In this way you can do many good turns.

David Livingstone, the great missionary and peace scout, endeared himself to the natives by his cleverness as a doctor.

Also, if you know how to look after yourself you need never have to pay for medicines.

### Keep Yourself Clean

If you cut your hand when it is dirty, it is very likely to fester and to become very sore ; but if your hand is quite clean and freshly washed, no harm will come of it ; it heals up at once. It was the same with wounds in the war ; they became very bad in the case of men who had not kept themselves clean.

Cleaning your skin helps to clean you: blood. The Japs say that half the good of exercise is lost if you do not have a bath immediately after it.

It may not be always possible for you to get a bath every day, but you can at any rate rub yourself over with a wet towel, or scrub yourself with a dry one, and you ought not to miss a single day in doing this if you want to keep fit and well.

You should also keep clean in your clothing, both your under clothing as well as that which shows. Beat it out with a stick every day before putting it on.

And to be healthy and strong, you *must* keep your blood healthy and clean inside you. This is done by breathing in lots of pure, fresh air, by deep breathing, and by clearing out all dirty matter from inside your stomach, which is done by having a "rear" daily, without fail ; many people are the better for having it twice a day. If there is any difficulty about it one day, drink plenty of good water, especially before and just after breakfast, and practise body-twisting exercises, and all should be well.

### Smoking

A scout does not smoke. Any boy can smoke ; it is not such a very wonderful thing to do. But a scout will not do it because he is not such a fool. He knows that when a lad smokes before he is fully grown up it is almost sure to make his heart feeble, and the heart is the most important organ in a lad's body. It pumps the blood all over him to form flesh, bone, and muscle. If the heart does not do its work the body cannot grow to be healthy. Any scout knows that smoking spoils the eyesight, and also his sense of smell, which is of greatest importance to him for scouting by night.

Sir William Broadbent, the great doctor, and Professor Sims Woodhead have both told us what bad effects tobacco smoking has on the health of boys. A very large number of the best sportsmen, soldiers, sailors, and others, do not smoke—they find they can do better without it.

### Drinking

A priest in the East End of London has lately stated that out of a thousand cases of distress known to him, only two or three were not caused by drink.

Very much of the poverty and distress in this country is brought about by men getting into the habit of wasting their money and time on drink. And a great deal of crime, and also of illness, and even madness, is due to the same habit of drinking too much. Liquor—that is beer or spirits—is not at all necessary to make a man strong and well. Quite the contrary. The old saying, "Strong drink makes weak men," is a very true one.

### Continence

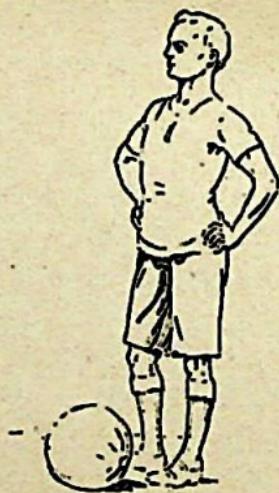
Smoking and drinking are things that tempt some fellows and not others, but there is one temptation that is pretty sure to come to you at one time or another, and I want just to warn you against it.

You would probably be surprised if you knew how many boys have written to me thanking me for what I have said in *Scouting for Boys* and elsewhere on this subject, so I expect there are more who will be glad of a word of advice against the secret vice which gets hold of so many fellows.

It is called in our schools "beastliness," and that is about the best name for it.



A "Stopper." The boy who apes the man by smoking; he will never be much good.



A strong and healthy boy has the ball at his feet.

Smoking and drinking and gambling are men's vices and therefore attract some boys, but this "beastliness" is not a man's vice; men have nothing but contempt for a fellow who gives way to it.

Some boys, like those who start smoking, think it a very fine and manly thing to tell or listen to dirty stories, but it only shows them to be little fools.

Yet such talk and the reading of trashy books or looking at lewd pictures are very apt to lead a thoughtless boy into the temptation of self-abuse. This is a most dangerous thing for him, for, should it become a habit, it quickly destroys both health and

## Clothing

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spirits ; he becomes feeble in body and mind, and often ends in a lunatic asylum.

But if you have any manliness in you, you will throw off such temptation at once ; you will stop looking at the books and listening to the stories, and you will give yourself something else to think about.

Sometimes the desire is brought on by indigestion, or from eating too rich food, or from constipation. It can therefore be cured by correcting these, and by bathing at once in cold water, or by exercising the upper part of the body by arm exercises, boxing, etc.

It may seem difficult to overcome the temptation the first time, but when you have done so once it will be easier afterwards.

If you still have trouble about it, do not make a secret of it, but go to your Scoutmaster and talk it over with him, and all will come right.

Bad dreams are another form of want of continence, which often come from sleeping in too warm a bed with too many blankets on, or from sleeping on your back ; so try to avoid these causes.

### Early Rising

The scout's time for being most active is in the early morning, because that is the time when wild animals all do their feeding and moving about.

So a scout trains himself to the habit of getting up very early ; and when once he is in the habit it is no trouble at all to him, like it is to some fat fellows who lie asleep after the daylight has come.

### Food

A good many illnesses come from over-eating or eating the wrong kind of food. English people as a rule eat more meat than is necessary. It is an expensive luxury. The Japanese are as strong as we are, but they do not eat any meat, and only eat small meals of other things.

In the siege of Mafeking, when we were put on short commons, those of the garrison who were accustomed to eat very little at their meals, did not suffer like some people, who had been accustomed to do themselves well in peace time ; these became weak and irritable. Our food there towards the end was limited to a hunk of pounded-up oats, about the size of a penny bun, which was our whole bread-supply for the day, and about a pound of meat and two pints of "sowens," a kind of stuff like bill-stickers' paste that had gone wrong.

### Clothing

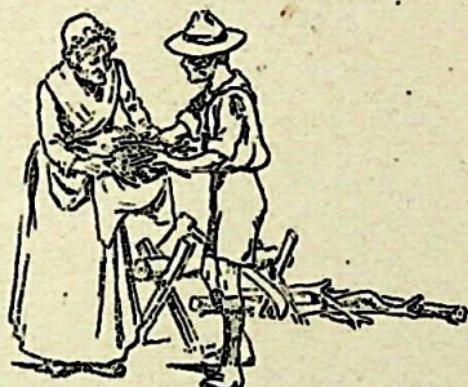
A scout's clothing should be of flannel or wool as much as possible, because it dries easily.

One great point that a scout should take care about, to ensure his endurance and being able to go on the march for a long time, is his boots. A scout who gets sore feet with much walking becomes useless. You should, therefore, take great care to have good, well-fitting, roomy boots, and fairly stout ones, and as like the natural shape of your bare feet as possible. Scouts have no use for swagger boots.

The feet should be kept as dry as possible ; if they are allowed to get wet, the skin is softened, and very soon gets blistered and rubbed raw where there is a little pressure of the boot.

Keep your boots soft with lots of grease, mutton fat, dubbin, or castor oil—especially when they have got wet from rain, etc.

Wash the feet every day.



## CHAPTER VII

### CAMP FIRE YARN. No. 11

#### CHIVALRY TO OTHERS

"In days of old, when knights were bold," it must have been a fine sight to see one of these steel-clad horsemen come riding through the dark green woods in his shining armour, with shield and lance and waving plumes, bestriding his gallant war-horse, strong to bear its load, and full of fire to charge upon an enemy. And near him rode his squire, a young man, his assistant and companion, who would some day become a knight.

Behind him rode his group, or patrol of men-at-arms—stout, hearty warriors, ready to follow their knight to the gates of death if need be. They were the tough yeomen of the old days, who won so many of her fine fights for Britain through their pluck and loyal devotion to their knights.

In peace time, when there was no fighting to be done, the knight would daily ride about looking for a chance of doing a good turn to any wanting help, especially a woman or child who might be in distress. When engaged in thus-doing good turns, he was called a "Knight Errant." His patrol naturally acted in the same way as their leader, and a man-at-arms was always equally ready to help the distressed with his strong right arm. The knights of old were the patrol leaders of the nation, and the men-at-arms were the scouts.

#### St. George

They had as their patron saint, St. George. He is the patron saint of cavalry and scouts all over Europe.

St. George is the special saint of England. The battle-cry of the knights used to be, "For Saint George and Merrie England!"

St. George's Day is April 23rd, and on that day all good scouts wear a rose in his honour and fly their flags. Don't forget it on the next 23rd April.

## The Knight's Code

But being knights was not just a matter of riding about in shining armour on adventures bound ; the knights had a code or set of rules which must have been pretty hard to keep fully and faithfully, and from which our Scout Laws of to-day come.

A knight (or scout) is at all times a gentleman. So many people seem to think that a gentleman must have lots of money. That does not make a gentleman. A gentleman is anyone who carries out the rules of chivalry of the knights.

A London policeman, for instance, is a gentleman, because he is well disciplined, loyal, polite, brave, good-tempered, and helpful to women and children.

It is a good thing to think about some of the points which show a man to be a true knight and gentleman—in other words—a scout.

*Unselfishness* is one of the foremost. Unselfishness when carried to heroic heights is called self-sacrifice. Many of our scouts have shown that they are ready to sacrifice not only their comfort and pleasure, but their very lives for others or for their country. *Kindness* is the fruit of the spirit of unselfishness ; it was one of the special characteristics of the knights.

So, with the scouts, it has been made one of our laws that we do a good turn to somebody every day. It does not matter how small that good turn may be, if it be only to help an old woman lift her bundle, or to guide a child across a crowded street, or to put a halfpenny in the poor-box. Something good ought to be done each day of your life, and you should start to-day to carry out this rule, and never forget it during the remaining days of your life. Remember the knot in your necktie and on your scout's badge—they are reminders to you to do a good turn. And do your good turn not only to your friends, but to strangers and even to your enemies.

*Generosity*.—Some people are fond of hoarding up their money and never spending it. It is well to be thrifty, but it is also well to give away money where it is wanted ; in fact that is part of the object of saving up your money. But be careful to give to people who are really deserving, and not just beggars (who are often frauds) simply because that is easy and comforting to yourself.

*Tips*.—Wherever you go, people want to be " tipped " for doing the slightest thing which they ought to do out of common good feeling. A scout will never accept a " tip," even if it is offered him, unless it is pay for work done. It is often difficult to refuse, but for a scout it is easy. He has only to say, " Thank you very much, but I am a scout, and our rules don't allow us to accept anything for doing a good turn."

" Tips " put you on a wrong footing with everyone.

You cannot work in a friendly way with a man if you are thinking how much " tip " you are going to get out of him, or he is thinking how much he'll have to " tip " you. And all scout's work for another ought to be done in a friendly way.

Of course, proper pay that is earned by your work is another thing, and you will be right to accept it.

*Friendliness*.—The Briton takes a deal of drawing out before he

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becomes friendly. The Colonial is open and cheery with everybody at once, and life is thereby made much more pleasant. A scout should remember that he is, like Kim, the "friend of all the world." *Politeness* is the part that *shows* when people really have the good points above mentioned. Spaniards, Dutchmen, Frenchmen, and even the wild cow-boys of the Far West are far more ready to take off their hats and in other ways show outward politeness in doing the smallest good turn, or in speaking to a stranger.

*Courtesy to Women*.—The knights of old were particularly attentive in respect and courtesy to women.

King Arthur, who made the rules of chivalry, was himself chivalrous to women of whatever class.

In meeting a woman or a child a man should, as a matter of course, always make way for her, even if he has to step off the pavement into the mud.

So also in riding in a crowded tram or railway carriage, no man worthy of the name will allow a woman or a child to stand up if he has a seat.

When walking with a lady or a child, a scout should always have her on his left side, so that his right is free to protect her.

This rule is altered when walking in the streets: then a man will walk on the side of her nearest to the traffic, to protect her against accident or mud-splashes, etc.

The other day I saw a boy help a lady out of a carriage, and as he shut the door after her she turned to give him some money, but he touched his cap and smilingly said, "No, thank you, Marm; it's my duty," and walked off. So I shook hands with him, for I felt that although he had not been taught, he was a scout by nature.

If you are sitting down and a lady comes into the room, stand up, and see if you can help her in any way before you sit down.

Don't lark about with a girl whom you would not like your mother or sister to see you with.

Don't make love to any girl unless you mean to marry her.

Don't marry a girl unless you are in a position to support her and to support some children.

## Honour

The true knight placed his honour before all things; it was sacred. A man who is honourable is always to be trusted; he will never do a dishonourable action, such as telling an untruth or deceiving his superiors or employers, and always commands the respect of his fellow-men. His honour guides him in everything that he does. A captain sticks to his ship till the last, in every wreck that was ever heard of. Why? She is only a lump of iron and wood; his life is as valuable as that of any of the women and children on board, but he makes everybody get away safely before he attempts to save his more valuable life. Why? Because the ship is his ship, and he has been taught that it is his duty to stick to it, and he considers it would be dishonourable in him to do otherwise; so he puts honour before safety. So also a scout should value his honour most of anything.

Britons, above all other people, insist on FAIR PLAY

If you see a big bully going for a small or weak boy, you stop him, because it is not "fair play."

*Honesty* is a form of honour. An honourable man can be trusted with any amount of money or other valuables.

*Loyalty* was, above all, one of the distinguishing points about the knights. They were always devotedly loyal to their King and to their country, and were always ready and eager to die in their defence. In the same way a follower of the knights should be loyal, not only to the King, but also to every one who is about him, whether his officers or his pals, and he should stick to them through thick and thin as part of his duty. If he does not intend to be loyal, he will, if he has any honour and manliness in him, resign his place.

#### Obedience and Discipline

Discipline and obedience are as important as bravery for scouts and for soldiers.

A splendid example of both was shown in the Battle of Jutland by a Boy Scout of sixteen years.

This is what Admiral Beatty wrote of him in his dispatch :—

"Boy (1st Class) John Travers Cornwell, of H.M.S. *Chester*, was mortally wounded early in the action. He nevertheless remained standing alone at a most exposed post quietly awaiting orders, till the end of the action, with the gun's crew dead and wounded all around him. I regret that he has since died, but I recommend his case for special recognition in justice to his memory and as an acknowledgment of the high example set by him."

Jack Cornwell was awarded the V.C., and his name will always be an honoured memory to the scouts who come after him.

*Humility*, or being humble, was one of the things which was practised by the knights, that is to say, that, although they were generally superior to other people in fighting or campaigning, they never allowed themselves to swagger about it. So don't swagger.

*Courage*.—Very few men are born brave, but any man can make himself brave if he tries—and especially if he begins trying when he is a boy.

In the late war between Japan and Russia some Japanese pioneers had been ordered to blow up the gate of a Russian fort, so that the attackers could get in. After nearly all of them had been shot down, a few of them managed to get to the gate with their charges of powder. These had to be "tamped" or jammed tight against the door somehow, and then fired. The Japs "tamped" them by pushing them against the door with their chests; they then lit their matches, fired the charge, and blew up the gates, but blew up themselves in doing so. But their plucky self-sacrifice enabled their comrades to get in and win the place for the Emperor.

*Fortitude*.—The knights were men who never said "Die" till they were dead, they were always ready to stick it out till the last extremity.

#### Good Temper and Cheeriness

The knights laid great stress on being never out of temper. They thought it bad form to lose their temper and to show anger.

Good temper can be attained by a boy who wants to have it,

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and it will help him in every game under the sun, and more especially in difficulty and danger, and will often keep him in a situation where a short-tempered fellow gets turned out, or leaves in a huff.

Bad language and swearing are generally used, like smoking, by boys who want to try and show off how manly they are, but it only makes them look like fools. Generally, a man swears who is a man easily upset, and loses his head in a difficult situation, and he is not, therefore, to be depended upon. You want to be quite undisturbed under the greatest difficulties; and so when you find yourself particularly anxious or excited, or angry, don't swear, force yourself to smile, and it will set you right in a moment.

Captain John Smith, who neither smoked nor swore, had a way of dealing with swearers, which is also adopted by our scouts. He says in his diary that when his men were cutting down trees, the axes blistered their tender fingers, so that at about every third blow a loud oath would drown the echo of the axe. To remedy this he devised a plan of having every man's oath noted down, and at night, for every oath, he had a can of water poured down the wearer's sleeve, "with which an offender was so washed that a man would scarce hear an oath for a week."

## Duty to God

An old British chieftain, some thirteen hundred years ago, said :

"Our life has always seemed to me like the flight of a sparrow through the great hall, when one is sitting at meals with the log-fire blazing on the hearth, while all is storm and darkness outside. He comes in, no one knows from where, and hovers for a short time in the warmth and light, and then flies forth again into the darkness. And so it is with the life of a man; he comes no one knows from where; he is here in the world for a short time, till he flies forth again, no one knows whither. But now you show us that if we do our duty during our life we shall not fly out into darkness again, when life is ended, since Christ has opened a door for us to enter a brighter room, a heaven where we can go and dwell in peace for ever."

This old chief was speaking for all the chiefs of northern England when King Edwin had introduced to them a knowledge of the Christian religion; and they adopted it then and there as one more comforting to them than their old Pagan worship of heathen gods; and ever since those days the Christian religion has been the one to rule our country.

Religion seems a very simple thing :

1st. To trust in God.

2nd. To do good to other people.

The old knights, who were the scouts of the nation, were very religious. They were always careful to attend religious service, especially before going into battle or undertaking any serious difficulty. They considered it was the right thing always to be prepared for death. In the great church of Malta you can see to-day where the old knights used to pray, and they all stood up and drew their swords during the reading of the Creed, as a sign that they were prepared to defend the faith with their swords.

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and lives. Besides worshipping God in church, the knights always recognised His work in the things which He made, such as animals, plants, and scenery. And so it is with peace scouts to-day, that wherever they go they love the woodlands, the mountains, and the prairies, and they like to watch and know about the animals that inhabit them, and the wonders of the flowers and plants. No man is much good unless he believes in God and obeys His laws. So every scout should have a religion.

In doing your duty to God always be grateful to Him. Whenever you enjoy a pleasure or a good game, or succeed in doing a good thing, thank Him for it, if only with a word or two, just as you say grace after a meal. And it is a good thing to bless other people. For instance, if you see a train starting off, just pray for God's blessing on all that are in the train.

In doing your duty towards man be helpful and generous, and also always be grateful for any kindness done to you, and be careful to show that you are grateful.

### Duty Before All

You have all heard of "Lynch Law," by which is meant stern justice by hanging an evil doer. The name came from a man named Walter Lynch. He was the chief magistrate of Galway, in Ireland, in 1493. He had to condemn his own son to death for killing a young Spaniard; and when he found that the people meant to rescue him when he was brought out into the town for execution, he had him hanged from the prison window. His sense of duty must have been very strong indeed to enable him to make his feelings as a father give way to his conscience as a magistrate.

### Thrift

It is a funny thing that out of you boys who now read these words, some of you are certain to become rich men, and some of you may die in poverty and misery. And it just depends on your own selves which you are going to do.

And you can very soon tell which your future is going to be.

The fellow who begins making money as a boy will go on making it as a man. You may find it difficult to do at first, but it will come easier later on; but if you begin and if you go on, remember, you are pretty certain to succeed in the end—especially if you get your money by hard work.

If you only try to make it by easy means—that is by betting, say, on a football match or a horse-race—you are bound to lose after a time. Nobody who makes bets ever wins in the end; it is the bookmaker, the man who receives the bets, that scores over it. Yet there are thousands of fools who go on putting their money on, because they won a bit once or hope to win some day.

Any number of poor boys have become rich men—but in nearly every case it was because they meant to do so from the first; they worked for it, and put every penny they could into the bank to begin with.

The knights of old were ordered by their rules to be thrifty: that is, to save as much money as possible, not to spend large

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sums on their own enjoyment, but to save it in order that they might help themselves, and not be a burden to others, and also that they might have more to give away in charity; and if they had no money of their own, they were not allowed to beg for it, they must work and make it in one way or another. Thus money making goes with manliness, hard work and sobriety.

### How to Make Money

There are many ways by which a scout, or a patrol working together, can make money, such as:—

Making arm-chairs, re-covering old furniture, etc.—a very paying trade. Fretwork and carving, picture-frames, bird-cages, cabinets, carved pipe-bowls, can be sold through a shop.

Get permission to cut certain sticks in hedges or woods, and trim them into walking-sticks, after hanging them with weights attached to straighten and dry them. Breeding canaries, chickens, rabbits, or dogs pays well. Bee-keeping brings in from £5 or £6 a year per hive, after you have paid for hive and swarm.

### How to Get On

If you get a job or a trouble that seems to you to be too big for you, don't shirk it; smile, think out a way by which you might get successfully through with it, and then go at it.

Remember that "a difficulty is no longer a difficulty when once you laugh at it—and tackle it."

Don't be afraid of making a mistake. Napoleon said, "Nobody ever made anything who never made a mistake."

*Memory.*—Then practise remembering things. A fellow who has a good memory will get on because so many other people have bad memories from not practising them.

*Choose a Career.*—"Be prepared" for what is going to happen to you in the future. If you are in a situation where you are earning money as a boy, what are you going to do when you finish that job? You ought to be learning some proper trade to take up; and save your pay in the meantime, to keep you going till you get employment in your new trade.

And try to learn something of a second trade, in case the first one fails you at any time, as so very often happens.

## CHAPTER VIII

### SAVING LIFE: OR, HOW TO DEAL WITH ACCIDENTS

#### CAMP FIRE YARN. No. 12

CERTAIN of the knights of old days were called "Knights Hospitallers," because they had hospitals for the treatment of the sick poor, and those injured in accidents or in war, and although they were brave fighting men they used to act as nurses and doctors themselves.

Explorers and hunters have to know what to do in case of accident or sickness, and Boy Scouts should, of course, learn all they can about looking after sick people and dealing with accidents. Boy Scout training enabled numbers of soldiers to save the lives of their comrades during the war.

It is pretty certain that nearly every one of you scouts will some day or another be present at an accident when, if you know what to do, and do it promptly, you may be able to rescue or help a fellow-creature.

"Be Prepared" for accidents by learning beforehand what you ought to do in the different kinds that are likely to occur. The great thing to bear in mind is that wherever you are you should think to yourself "What accident is likely to occur?" and "What is my duty if it occurs?" You are then prepared to act. It is your business as a scout to be the first man to go to the rescue.

Suppose, for instance, that you are standing on a crowded platform at a station, waiting for the train.

You think to yourself, "Now, supposing someone falls off this platform on to the rails just as the train is coming in, what shall I do? I must jump down and jerk him off the track on to the far side into the six-foot way—there would be no time to get him up on to the platform again. Or if the train were very close the only way would be to lie flat and make him lie flat too, between the rails, and let the train go over us both."

Then, if this accident happened, you would at once jump down and carry out your idea, while everybody else would be running about screaming and excited and doing nothing, not knowing what to do.

There are any number of inspiring stories of Boy Scouts who have risked their lives (or even given their lives) to save other people. Between seven and eight hundred medals have been issued since the Boy Scouts came into existence, to scouts who have shown gallantry or resource in saving life.

Here are some of the accidents you have a chance of dealing with.

*Panics.*—Every year numbers of lives are lost by panics, which very often are due to the smallest causes, and which might be stopped, if only one or two men would keep their heads. This is a great opportunity for a Boy Scout. Force yourself to keep calm, and not to lose your head. Think what is the right thing to do, and do it at once.

*Fire.*—If you discover a house on fire you should (1) alarm the people inside; (2) warn the nearest policeman; (3) rouse neighbours to bring ladders, mattresses, carpets, to catch people jumping. After the arrival of the engines help the police in keeping back a crowd. If it is necessary to go into a house to search for feeble or insensible people, the thing is to place a wet handkerchief or worsted stocking over your nose and mouth and walk in a stooping posture, or crawl along on your hands and knees quite near the floor, as it is here that there is least smoke or gas. Also for passing through fire and sparks, if you can, get hold of a blanket and wet it, and cut a hole in the middle through which to put your head: it forms a kind of fire-proof mantle, with which you can push through fire and sparks.

*Drowning.*—No scout can be of real use till he can swim, and to learn swimming is no more difficult than to learn bicycling. Besides learning to swim, the following things should be learned and practised: how to get in and out of a boat, i.e. by climbing over the stern; how to get into a floating lifebuoy, i.e. by shoving the nearest side of it down under water, and capsizing it over your head and shoulders so that you are inside it when it floats. Finally, *how to save life.*

A moderate swimmer can save a drowning man if he knows how, and has practised it a few times with his friends. The popular idea that a drowning person rises three times before he finally sinks is all nonsense. He often drowns at once, unless someone is quick to help him. The important thing is not to let the drowning person catch hold of you, or he will probably drown you, too. Keep behind him always. Put your arms under his arm-pits, and your hands across his chest, and tell him to keep quiet and not to struggle. If he obeys you can easily keep him afloat; but otherwise be careful that in his terror he does not turn over and catch hold of you. You should practise it frequently with other boys, each taking it in turn to be the drowning man or rescuer.

*Runaway Horse.*—The way to stop a runaway horse is not to run out in front of it and wave your arms, as so many people do, but to try and race alongside it, catch hold of the shaft to keep yourself from falling, seize the reins with the other hand, and drag the horse's head round towards you. Scout Albert Stevenson aged 15, 1st Rotherhithe Troop showed great presence of mind and courage when he stopped a runaway pair. He climbed up into the van from behind, and finding that the reins were dangling round the horses' heads he clambered along the pole between them till he got to their heads, squatted down with his feet against the pole chains, got hold of the bridles in each hand, and managed gradually to pull the horses up.

There are, of course, many other accidents which may come in your way and which it is impossible to outline here. Whenever you read in the papers of fires and other accidents, think out what you would have done had you been there.

## CAMP FIRE YARN. No. 13

## First Aid

First Aid is such a big and important subject that it is impossible to give you many details, here, as to how to treat the various accidents; especially as "a little knowledge is a dangerous thing." A scout should study the subject very carefully in one or other of the many excellent books on the subject; obtaining instruction, if possible, from an expert, and practising on his fellow scouts. The best books to use are:—

*First Aid to the Injured.* Price 1s. 6d. (Postage 3d.) St. John Ambulance, St. John's Gate, Clerkenwell, London.

*Aids to Memory for "First Aid" Students,* by L. M. Frank Christian, M.B. 6d. (By Post, 7d.) St. John Ambulance Association, London.

*Handbook of Instruction,* published by the Royal Life Saving Society. Price 1s. (Post free, 1s. 1d.)

*Ambulance Illustrated.* 1s. (Postage 1d.) Dr. Cullen. (Published by Gowans and Grey.)

*Aids to the Injured or Sick.* H. W. Gell, M.B. 2d. (Postage 1d.)

Scout Charts numbers 8, 9, 10, 16 are also useful. I will, however, mention some of the accidents you may be called upon to deal with, and give you a few useful tips which you must supplement by careful study. First as regards general remarks on accidents.

In an accident when you are alone with the injured person, if he is unconscious lay him on his back with his head a little raised and on one side so that he does not choke, and so that any vomit or water, etc., can run out of his mouth. Loosen the clothing about his neck and chest. See where he is injured, and treat him according to what you are taught in learning "First Aid."

If you have found the man lying insensible you should carefully examine the ground round him for any "sign," and take note of it and of his position, etc., in case it should afterwards appear that he had been attacked by others.

If you are out with a patrol and an accident happens, or you find an injured man, the Patrol Leader should direct one scout to go for a doctor; he himself will attend to the patient with one scout to help him. The second will use the other scouts in assisting by getting water or blankets, or making a stretcher, or keeping the crowd back by forming a fence with their staves.

As a rule it is best to keep the patient quite quiet at first; unless it is necessary, do not try to move him; and don't bother him with questions until he recovers a bit.

*Reviving the apparently Drowned.*—This is done by a method of forcing the breathing which you can easily learn from the St. John's Ambulance book. The simplest is the Schäfer method,

which consists in squeezing the air out of the man's lungs by pressure on his back and sides, so that his lungs, in expanding suck in fresh air, as in normal breathing. It is most important to be familiar with this method, and it is worth applying it to a man who seems to be quite dead.

*Smoke or Fumes.*—Enter the building as I explained in the case of fire. Drag the person out quickly, loosen all clothing about the neck and chest, dash cold water in his face, and apply burnt feathers under his nose. If no longer breathing apply the Schäfer method, as to a drowned person.

*Burns.*—Remove clothes, by cutting them off with a *sharp* knife or scissors. If any part of the clothing sticks to the skin do not tear it away, but cut the cloth around it, then, as quickly as possible protect the burnt parts from the air, by dusting them over with powdered chalk or flour, or laying on thin strips of linen soaked in oil. Keep the patient warm and give hot tea to drink. Clean paper applied firmly to the wound relieves the pain by keeping the air away.

*Broken Limbs.*—You can tell a broken limb by swelling and pain about the place where the bone has broken, and the patient's inability to use it. Sometimes the limb is bent in an unnatural way. The broken limb should not be moved about at all, but should be bound to something that will keep it stiff (i.e. a splint) and straight while the patient is being moved to hospital or home. The splint may be anything such as a piece of wood, scout staff, rolled up newspapers. Splints should be long enough to go beyond the joints above and below the break. You should put a splint on each side of the joint, if possible.

*Bandage.*—Triangular bandages are used for first aid, and the way of folding them is important. They are used open for a sling.

*Bleeding.*—Press the flesh just above the wound—that is between the wound and the heart, to stop the blood running in the artery. Apply a pad containing something hard, like a flat round pebble, and bind it tightly. (You would do well to learn to apply a tourniquet, for stopping excessive bleeding; and also where are the main pressure points, where arteries come near the surface, and the pad should therefore be applied.) Keep the wounded part raised. Apply cold. Bleeding from the ears and insensibility after a fall mean injury to the skull. The patient should not be moved at all if possible. It is best to keep him lying on the spot, and put cold water or ice to his head, and keep him quiet till a doctor comes.

Spitting or throwing up blood means internal injury. Keep the patient quiet and give ice to suck or cold water to sip. Don't be alarmed at the amount of blood that flows from a wound. It used to be a common thing for the barber to bleed a man to the extent of five or six cupfuls of blood.

*Electric Shock.*—Do not touch anyone connected with an electric line or rail unless you are standing on glass or india-rubber, and have on india-rubber gloves or bits of dry cloth bound round your hands, and even then poke him clear of the line with a dry stick, otherwise you may get a bad shock yourself.

*Fainting.*—If the patient who has fainted is pale sit him up and push his head down between his knees.

*Fits*.—You can do nothing, except put a cork or piece of wood in the patient's mouth to stop him biting his tongue. Let him sleep well after the fit.

*Poisoning*.—Give milk or raw eggs. Make patient sick (*unless* mouth is burnt or stained by the poison), then more eggs and milk and weak tea. For acid poisoning, milk or salad oil, or wall plaster and water. The patient should be kept awake if he gets drowsy.

*Choking*.—Try and remove the obstacle with the handle of a spoon. A hard smack on the back may help.

*Carrying Patient*.—Every scout should know the fireman's lift, and how to make the four- or three-handed seat, and how to carry a stretcher. (See St. John Ambulance book.)

## CHAPTER IX

## PATRIOTISM: OR, OUR DUTIES AS CITIZENS

## CAMP FIRE YARN. No. 14

It is a magnificent Empire over which the Union Jack flies, made up of many vast Dominions. It is difficult for us, in our little island, to realise the tremendous stretches of country which make up Canada, Australia, or India. Perhaps this little table will help you to grasp it.

9	United Kingdoms	=	1 Australia.
10	"	=	1 Canada.
6	"	=	1 India and Burma.
5	"	=	East Africa, Uganda, and Soudan.
5	"	=	South Africa.
1	"	=	New Zealand.
1½	"	=	Nigeria.

So it would take about thirty-seven United Kingdoms to equal our Dominions Overseas in size.

All those vast Dominions did not come to Britain of themselves. They were got for us by the hard work and the hard fighting of our forefathers. We have had this enormous Empire handed on to us by our forefathers, and we are responsible that it develops and goes ahead, and, above all, that we make ourselves fit and proper men to help it to go ahead. It won't do so of itself, any more than it would have become ours of itself. If we don't do this, some other nation will take it from us.

You know how, in the past, other nations have attacked us. For fifty years, however, we had been at peace with our continental neighbours, until our great rival, Germany, turned against us in the biggest attack on us that had ever been made. Our former enemies became our best allies, and the British Overseas Dominions, rallied with all their strength of men and money round the Mother Country.

Our late King Edward was called "the Peacemaker"; and it is our duty as Britons to try and keep peaceful with other nations. We scouts can do this because we have brother scouts in almost every foreign country now. We ought to get to know them better, by letters and by visits, and so to be friends with them. But at the same time we must not forget that occasionally nations, like people, lose their tempers or want to steal territory, and then if a country does not show that it can stand up and protect itself it

will be bullied and beaten. So if you scouts want peace for your country you must each be prepared at any time to stick up for it. Don't be cowards and content yourselves by merely paying soldiers to do your fighting and dying for you. Do something yourselves, learn markmanship and drilling, so that as men you can take your place with the other men of your race in defending your women and children and homes, if it should ever be necessary.

Play up! Each man in his place, and play the game! Your forefathers worked hard, fought hard, and died hard, to make this Empire for you. Don't let them look down from heaven and see you loafing about with your hands in your pockets, doing nothing to keep it up.

### Citizenship

Another way in which every good Briton ought to be prepared to keep up our Empire is by peaceful means as a citizen. We are very much like bricks in a wall: the strength of the wall depends on each one. Work for the good of the State, or the business you are in, instead of thinking continually about getting a good billet for yourself: in the end it will prove your surest way to promotion. Don't think of yourself, but think of your Country, as did the thousands of scouts who gave up their play time to do duty during the war. All their lives it will be a satisfaction to them that they "did their bit."

### Our Flag

Remember that the Union Jack represents our great Empire. It is properly called a "Jack" from the "Jack" or "Jacker" which the knights used to wear over their armour to show which nation they belonged to. The English knights wore a white Jack with the Red Cross of St. George upon it. The Union Jack is made up of this and the crosses of St. Patrick and St. Andrew, representing Ireland and Scotland.

Remember it is going to be the business of every one of you to keep the old flag flying, even if you have to bleed for it—just as your forefathers did before you.

The Union Jack stands for something more than only the Union of England, Ireland, and Scotland—it means the Union of Great Britain with all our Dominions across the seas; and also it means closer comradeship with our brothers in those Dominions, and between ourselves at home. We must stick shoulder to shoulder as Britons if we want to keep our present position among the nations; and we must make ourselves the best men in the world for honour and goodness to others so that we may DESERVE to keep that position.

Scouts have to BE PREPARED to help their country in any difficulty or danger; and we are therefore all working in the same direction as our King, for the good of our country.

### A Word To Patrol Leaders

The war brought you Patrol Leaders your chance, and in many cases you took it. Scoutmasters were called away from their troops to take service for their country, and in very many cases the Patrol Leaders formed themselves into a Court of Honour

and ran the troop in the absence of the Scoutmaster; and in almost every troop Patrol Leaders have taken closer command of their patrols and have made them efficient, and have carried out public services with their scouts in a most creditable way.

I always considered the patrol as the important body in the Scout movement, but since the war it has shown more than ever that it is the unit that can be relied upon to do its duty well.

I want you Patrol Leaders to go on and train your patrols in future entirely yourselves, because it is possible for you to get hold of each boy in your patrol and make a good fellow of him. It is no use having one or two brilliant boys and the rest no good at all. You should try to make them all fairly good. The most important step to this is your own example, because what you do yourselves your scouts will do also. Show them that you can obey orders whether they are given by word of mouth or merely rules that are printed or written, and that you carry them out whether your Scoutmaster is present or not. Show them that you can get badges for proficiency in different handicrafts and your boys will with very little persuasion follow your lead.

But remember that you must give them your lead and not the push. That is the difference between our Army and the German Army. In the German Army the officers say, "Go on, men," and shove them on into the fight. In our Army the officers say, "Come on, men," and lead them to victory. And you should do the same in training your scouts.

And to the scouts I would say, you have seen in the war how victories are won—that is by men obeying and following the lead of their officers, even though in doing so many of them go to their death. But they do it because they know that if all obey and carry out the work given them like one man their side will win. It is the same in scouting. Obey your Patrol Leader, follow his lead, and your patrol will rise to be second to none.

In the Great War ten thousand members of the Boy Scout brotherhood gave up their lives for their King and Country. Ten thousand of them! But even that huge number was only a very small part of the total of Britons who sacrificed themselves. Over 860,000 of our best men fell, while hundreds of thousands more suffered wounds and disablement from hardships.

Further, horrors and miseries were inflicted on innocent men, women, and children by the war. The whole world was plunged into a state of unrest and bitterness.

Men saw that war was an evil that must never be allowed to come upon us again. The Governments of the different countries formed a Council together which was called the *League of Nations*, by which they hope to prevent wars in the future.

One reason for war in past times has been that the peoples of the different countries did not know each other, and directly they had a difference of opinion over any question they at once took up fighting.

Well, when you have a different idea from your pal you don't at once bang him in the eye, but you talk it over together and come to an agreement. That is what nations ought to do when they get to know each other as friends.

In the Scout Movement we are already becoming friends with our brother scouts in other countries. The Jamboree in 1920 brought scouts together from twenty-five different nations, and we all learnt to admire and to like each other.

I want you scouts to keep up that friendship and to make it wider and stronger. You can do this by writing to your brother scouts abroad and by visiting them or by getting them to visit you in camp.

It will be fun for you and fun for them. But better than that it will be making a friendship between you, so that if difficulties should arise later on between the different countries they will not at once want to go to war, but will talk things over as friends and see how to come to agreement without the cruel and unfair test of fighting.

You scouts can do your biggest work by helping to make "Peace and Goodwill among men."

### HOW TO JOIN

1. If you have any friend who is a scout, get him to take you to one of the meetings of his Troop.
2. If you do not know of any scouts in the neighbourhood, write to the Secretary, Imperial Headquarters, The Boy Scouts Association, 25 Buckingham Palace Road, S.W. 1. He will give you the name and address of the District Commissioner for the part of the county in which you live. The Commissioner will be able to tell you of any Troop which you could join and will put you in touch with the Scoutmaster.







